

**WELCOME TO
THE
SELF LOVE BOOTCAMP!**



CREATED BY KENZIE BRENNAN

DAY 1

INTRO



This is a great start to tell us about yourself! Include any details you feel comfortable sharing about!

"hi, I'm
Kenzie!"

*What are some of your favourite
past times?*



"I love forests,
avocados and
neuroscience!"

*Whats something you're happy
with in your life?*

*What are you hoping to get out of
the challenge?*

What's one thing that scares you?

Favourite childhood movie?



"Dancing in front
of the camera
scares me!"

DAY 2

MENTAL HEALTH

Take this post to discuss your mental health!
Even if you've never been diagnosed or suffered
with a mental illness we all have mental health,
prioritizing it is just as important as when you
prioritize your physical health.

You can speak of your emotions, your
perspectives, your hardships, your mental
habits, mental goals, mental struggles etc!

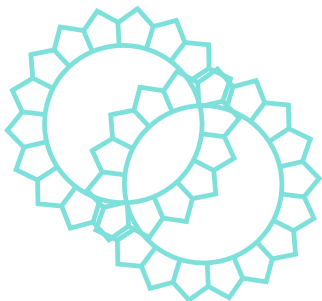
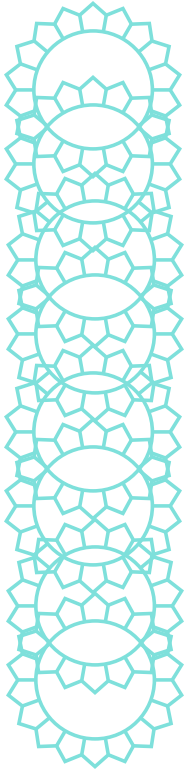
#mentalhealthmatters

#mentalwellness

#mentalhealthawareness

REMINDER:

"ITS OKAY NOT
TO BE OKAY."



DAY 3

QUOTE

*"IT'S ALWAYS THE RIGHT
TIME TO DO THE RIGHT
THING."*

- MLK

Please post (and credit if you can!) a quote that sincerely inspires you day in and day out! And WHY does it inspire you. We all have those words that just flow straight to our heart. Metaphor use can also make a simple idea compelling. Being compelled and inspired puts your brain in a positive space. Remaining there and being reminded by our values is not only important but fun!

When we share these, we may offer the same feelings or insight to someone else!

Some of my favourite writers with Instagrams are E.G. Cress, Rupi Kaur, Gina, Melody Hansen, Nikita Gill, Dani Kreeft, Michelle Elman, to name a few!

*"DON'T BELIEVE
EVERYTHING YOU THINK"*



**I'M NOT CRAZY, MY REALITY
IS JUST DIFFERENT THAN
YOURS**

DAY 4

#TBT

Most #throwbackthursday's use an older picture to shame our former selves. That's not nice is it? Since your present self will be your former self in a matter of seconds you wouldn't dare shame her right?

It can be difficult to share a picture of our old self! It wasn't easy for me at first but once I started thanking her for all the work she did to make me the human I am today, I had a newfound respect for my past.

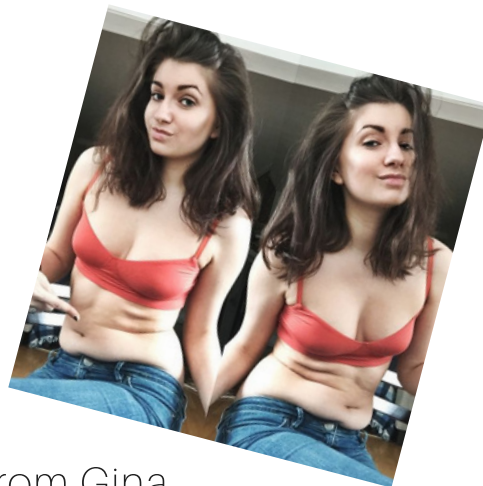
Remember: we're all goddesses in training, including the girl you used to be.

A little
throwback to
older Kenzie!!



DAY 5

#EMBRACE THE SQUISH



Okay you squishys! This hashtag is created from Gina (@nourishandeat). On these days we explore our bodies through this hashtag from an unflexed, unposed, sitting or standing in the very essence of who you are.

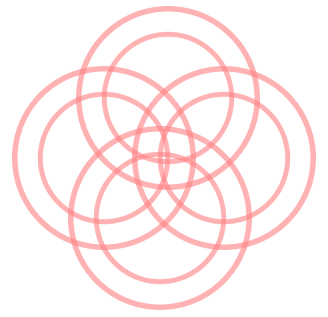
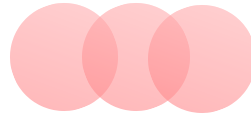
All bodies squish and have beautiful looking curves, bumps and lines.

We encourage you to take the time to post this with a caption of how it makes you feel seeing your body is such a beautiful unedited organic way!



"ALL BODIES ARE
GOOD BODIES!"

DAY 6



SELF CARE

Self care is an act of taking care of yourself beyond the fundamentals of purely living. It's about nourishing your mind as much as your body and giving space for yourself emotionally.

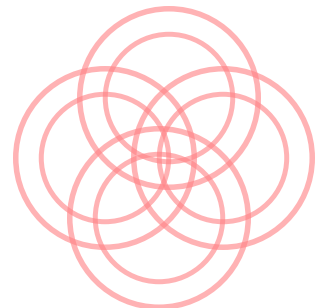
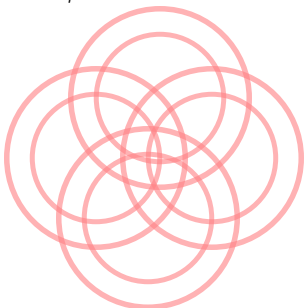
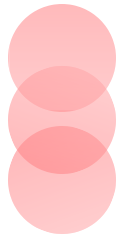
I used to think self care was sort of selfish but I've realized without it I don't feel like I'm being responsible for myself.

I give myself my favourite foods, relaxing hobbies and my favourite Netflix shows.

Take this day to enrich yourself with relaxing, soothing hobbies that make you feel cared and loved for.

Maybe even put your phone down for a few hours and set a timer to see incredible a digital detox is for our minds.

Self care looks different on every body and all forms are to be respected.



DAY 7

DANCE

Whats your feel good song? We want to see a phot, screen shot or video of you dancing to it!

Dance helps us honour the body we have been given! And it allows for us to see it through different movements!

@positively.kate created this amazing hashtag and movement called #jiggleforjoy! It is an expression of gratitude, for an opportunity to live, recover and to be so much more than the body we inhibit.

She says "its also an - omg my body can dance how gosh darn cool is that?!" type feeling. *Please note this hashtag was once a different one and **please continue to use only #jiggleforjoy** out of respect for certain influencers :)*



DAY 8

GRATITUDE LIST

In the last challenge there was more people wanting days off social media, so I thought this would be a really nice way to spend the day, while also resting up for the upcoming week! Iskra taught me the value of gratitude lists, I now put them into practice and they have helped reconfigure some of my cognitive thinking, its helped in times of sadness and also helps with empathy.

Theres incredible science behind gratitude and behind grateful brains.

Grateful people sleep better, have better self esteem, increases emotional resiliency, has physical health benefits and helps better personal relationships.

All the more reason to do them!

~ I am so grateful for the people in my life who

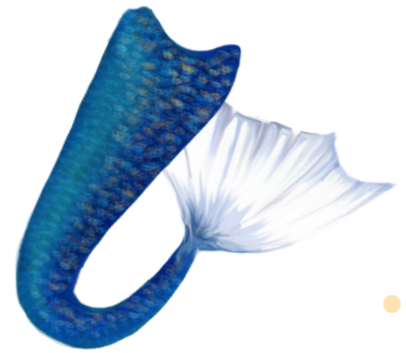
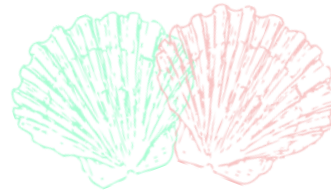
*~ I am so thankful for all the amazing food I
allow myself to eat*

~ I am so grateful for my past



DAY 9

BECOME A MERMAID



For YEARS, I wanted a thigh gap. And hey! all you women out there who have naturally occurring thigh gaps, you ROCK!

But having a thigh gap was so romanticized in weight loss culture and fitness culture, I never knew why I just couldn't diet down to have one, why couldn't I exercise to create negative space between my legs.

Because my anatomy wasn't set up for that! I have big hips and knocked knees, yah boo. I was never going to get one.

So! I found a new group of humans I could be, with our feet touching, legs smushed together, creating a beautiful seamless piece of ME, we become mermaids!

#mermaidthighs is a hashtag to promote inclusiveness to thighs that tough, big thighs, small thighs, in between thighs, just the celebration of thighs!

You do not need to take up less space in the world to be valid, your thighs can touch and you can still be the best human being in the world!

DAY 10



NO MAKE UP

Okay, so you don't have to go through your whole day wearing no makeup but this is a fun (and I know) scary way to explore our natural beauty even though society constantly tells us we need to have smoother, younger more even, brighter looking skin. Your natural face is FLAWLESS and it is a damn queen.

Feel free to post a picture of yourself wearing no makeup, explaining if what makeup means to you. Is it something you use every day? Every few days? Can't live without it? Hope to one day never have to wear it?

Also, important to note that some bodies NEED/ PREFER to have on make up. For example some women who may have acne scarring on their face or trans women, might be beyond uncomfortable not wearing make up!

if this post isn't for you, use it as your wild card day and chat with the group about your thoughts :)



DAY 11

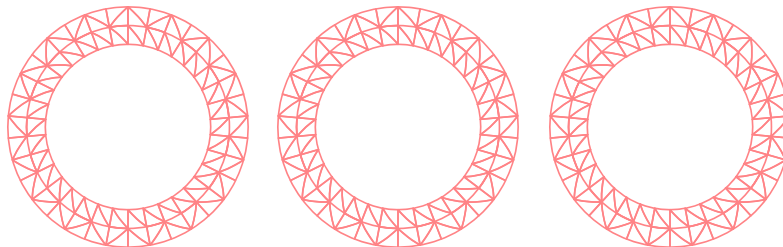
PRIVILEGE/HARDSHIP

We get to see the different types of advantages and disadvantages we all have had. Admitting and understanding your privilege is in no way excluding you from the hardships you have had! They are simply ways of giving space to others to talk about their experience through oppression.

*Privileges include but are **not** limited to gender, sexuality, race, ability, socioeconomic status etc.*

Please include your hardships first (things in your life that you dealt/are dealing with) THEN your privileges!

Explain in your caption why you also believe its important to talk about these things!



DAY 12

#UNAPOLOGETICALLY ME

Whats something you constantly are apologizing for? Even through your actions?

Do you wear clothing that says "I'm sorry for my body, I'm trying to hide it."

Do you put makeup on that says "I'm sorry for my face, I'm trying to make it better."

Do you keep quiet when you want to speak out as if to say "I'm sorry, I'll be too much."

On this day create a unique, empowering picture of yourself with a caption that talks about all the things you're unapologetic for!!!



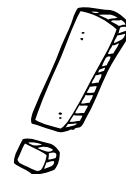
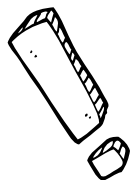
DAY 13



#cellulitesaturday

This hashtag was created by me on a whim last year! Through this we explore cellulite, understanding it is not an indication of health or status, women/people are genetically predisposed to it, we come to understand that it is not a flaw, but rather something unique to each of us! Similar to a birthmark or freckles.

If you do not have cellulite/choose to not participate in this post do not fret! You can consider this a WILD CARD day and post whatever you like!



DAY 14



Rest + Gratitude

REST: You did it. You cared for yourself. You were vulnerable. You showed up. Rest is important, it is a gift we give to the ever moving and ever changing body. Plus your mind will thank you later.

GRATITUDE: I know I say it often but gratitude can change your life. I don't mean spiritually either (although gratitude is good for the soul) I mean gratitude changes your neuro chemistry. Gratitude lists have the power to make you more optimistic, sleep regulation, decrease in anxiety and depression, it has an influencer on your metabolism and stress levels as well. It's called a "natural antidepressant." sounds pretty great, right?

I want to challenge you to write down 10 things you're grateful for and one of those has to do with your body and mind.



INFLUENCERS
TO HELP
DIVERSIFY
YOUR FEED

**MEET MICHELLE, SASHA, IMOGENE
AND DANI**



MICHELLE



Michelle has survived 15 surgeries and is a body confidence coach as well as a body positive activist, influencer and content creator!

She is the founder of *#ScarredNotScared*

An international trending campaign dedicated to the awareness of bodies that have been affected by surgical scarring.

FOLLOW HER HERE:



SCARREDNOTSCARED



MICHELLE ELMAN

SASHA



Sasha is not only a body positive activist but she is a clothing designer as well as! Sasha's clothing brand *Flaws Of Couture* aims to be an inclusive "end to ALL insecurities" line that women can step into to help celebrate their differences and similarities to one another!

FOLLOW HER HERE:



FLAWSOFCOUTURE



FLAWS OF COUTURE

DANI



Dani is an eating disorder survivor and has created one of the most impactful communities seen on Instagram under the hashtag #chooselifewarrior. She is an icon in the body positive movement, speaking largely on fat acceptance, politics and through elegant prose we dare you to not relate, cry and become advocates for marginalized bodies.

FOLLOW HER HERE:



CHOOSELIFEWARRIOR



CHOOSELIFEWARRIOR

I M O G E N



Imogen is a show stopper. One of those humans who seems to have been through it all. She has been documenting her struggles with restrictive binge eating, living as a disabled person and sharing her body image struggles as well as speaking about her sexuality, mental health and recovery. She inspires everyone who comes on her platform to live their authentic selves and to promote a world where women feel at peace with themselves!

F O L L O W H E R H E R E :



THE_FEEDING_OF_
THE_FOX



THE FEEDING OF THE FOX

READING RECOMMENDATIONS



*5 SECRETS YOU MUST DISCOVER BEFORE
YOU DIE*

- JOHN IZZO

HEALTH AT EVERY SIZE

- LINDA BACON



THE GIFTS OF IMPERFECTIONS

- BRENE BROWN

LESSONS FROM THE FAT-O-SPHERE

- KATE HARDING + MARIANNE KIRBY



THE TIPPING POINT

- MALCOM GLADWELL

THE BRAIN THAT CHANGES ITSELF

- NORMAN DOIDGE