

*Romanticise your life:
28 day challenge*

*Turn your life into a romantic comedy in
which you are the main star...*

“You have to start romanticising your life. You have to start thinking of yourself as the main character, because if you don’t – life will continue to pass you by. And all the little things that make it so beautiful will continue to go unnoticed. So take a second, and look around and realise that it’s a blessing for you to be here, right now.”*

* This quote is from Ashley Ward that started the TikTok trend “romanticise your life”.

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Do this challenge solo...
or together with your besties for extra support...

Share your journey on Social Media by using the hashtag:
#romanticiseyourlifechallenge
or tag *@romanticiseyourlifechallenge* in your
Instagram pictures and inspire others to join the cause.

You are reading this book right now for a reason.

You are reading this book right now because the universe wants you to know that you matter, because you exist.

You are reading this book right now because you need to be reminded that you are loved, that you are favoured, that you deserve good things and that you're *already* surrounded by so many good things! All you have to do is claim it.

You are the *main character* in your life. You are *not* the supporting role! You are the *leading lady*!

This is *your* life.

You are the *star*.

So *shine*, baby, *shine*!

How to complete the challenge

For the next 28 days this book will give you special assignments you have to complete that will help you look at your life as a romantic-comedy in which you are the main star.

It will train you to love yourself more and to notice the little, beautiful things that are already in your life.

Everyday there will be one compulsory task. This task you have to complete first, no matter how hard you might find it.

After you have completed the compulsory task you have to choose at least one task from the task-list for that day.

The more a task makes you feel like your true self and/or pushes you out of your comfort zone the better!

For some tasks you need to take a picture. These pictures will serve as beautiful new memories at the end of this challenge.

Make sure to read the assignments of the following day the night before so that you are prepared.

The challenge is divided into four sections:

- 1) *Days 1 - 7: Love yourself*
- 2) *Days 8- 14: Love others*
- 3) *Days 15 - 21: Love your world*
- 4) *Days 22- 28: Love your life*