



The LovEvolve 7 Day Challenge

May
11

Compliment

Compliment someone you don't know well

May
12

Kind Note

Write a note to uplift someone!

May
14

Appreciate

Tell someone what you appreciate about them.

May
13

Self Love

Do something positive for yourself

May
15

Check On A Friend

May
18

Thank Someone

Thank someone who's often overlooked.

May
19

Creativity

Do something creative to spread joy!

