

30-DAY SELF CARE CHALLENGE

DAY 1

WRITE DOWN 3 THINGS YOU'RE GRATEFUL FOR

DAY 2

DRINK AT LEAST 8 GLASSES OF WATER

DAY 3

TAKE A 20-MINUTE WALK OR STRETCH SESSION

DAY 4

TURN OFF YOUR PHONE FOR 1 HOUR AND JUST BE

DAY 5

WRITE A LOVE NOTE TO YOURSELF

DAY 6

TRY A 10-MINUTE GUIDED MEDITATION

DAY 7

TAKE A RELAXING BATH OR SHOWER WITH YOUR FAVORITE SCENT

DAY 8

READ FOR PLEASURE—JUST 1 CHAPTER OR 15 MINUTES

DAY 9

DECLUTTER ONE DRAWER, SHELF, OR SMALL SPACE

DAY 10

DO A SKINCARE ROUTINE (OR TRY A NEW ONE!)

DAY 11

REACH OUT TO SOMEONE YOU LOVE—CALL OR TEXT

DAY 12

TRY JOURNALING YOUR THOUGHTS FOR 10 MINUTES

DAY 13

LISTEN TO YOUR FAVORITE MUSIC AND DANCE IT OUT

DAY 14

TREAT YOURSELF TO SOMETHING SMALL YOU ENJOY

DAY 15

MAKE A HEALTHY MEAL OR SMOOTHIE

DAY 16

GO OUTSIDE FOR AT LEAST 15 MINUTES

DAY 17

SAY ONE POSITIVE AFFIRMATION OUT LOUD 5 TIMES

DAY 18

DO SOMETHING CREATIVE—COLOR, PAINT, WRITE, ETC.

DAY 19

LIGHT A CANDLE AND SIT IN STILLNESS FOR 5–10 MINUTES

DAY 20

UNFOLLOW OR MUTE ANY SOCIAL MEDIA ACCOUNTS THAT DRAIN YOU

DAY 21

TRY A NEW HOBBY

DAY 22

SCHEDULE ANY OVERDUE APPOINTMENTS (DOCTOR, DENTIST, ETC.)

DAY 23

WRITE OUT A LIST OF YOUR STRENGTHS AND WINS

DAY 24

SAY 5 DAILY AFFIRMATIONS OUT LOUD

DAY 25

DO SOMETHING KIND FOR SOMEONE ELSE

DAY 26

TRY A NEW TEA

DAY 27

TRY 30 MINUTES OF YOGA

DAY 28

WRITE 10 THINGS YOU LOVE ABOUT YOURSELF

DAY 29

HAVE A RELAXATION DAY

DAY 30

REFLECT ON THE PAST 30 DAYS—WHAT CHANGED FOR YOU?

"SELF-CARE IS NOT SELFISH. IT'S HOW YOU SHOW UP FOR THE WORLD."

