

30 DAY

Self-Care Challenge

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Journal Your thoughts	Read A Book	Spend the day social media free	Call a friend or relative that you love	Go for a walk
DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
Listen to a podcast	Try A a new recipe	Stretch for 10-15 minutes	Listen to your favorite song	Practice deep breathing
DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
Learn something new	Go for a drive	Write a list of short-term goals	De-clutter your space a room or desk	Sleep In Late go to Bed early
DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
Watch something funny	Wake up 15 minutes earlier	Make your favorite meal	Buy yourself something nice	Take a Mental Health Day
DAY 21	DAY 22	DAY 23	DAY 24	DAY 25
Watch a movie or series	Write 10 things you are grateful for and why	Take a long shower or bath	Have a home spa day	Read inspirational quotes
DAY 26	DAY 27	DAY 28	DAY 29	DAY 30
Create a vision board	Spend some time outside at a park	Start a skin care routine	Write it all down in a journal	Take a power nap