

# 30-DAY SELF-CARE

# Challenge

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Go on a Leisurely Walk Alone	Declutter Clothing	Create a Vision Board	Be Good to Someone You Love	Read a Book You've Been Putting Off
DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
Get a Massage	Detox From Social Media	Do a Random Act of Kindness	Hydrate with 8 glasses of water	Commit to a Day of Nutritious Eating
DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
Try Something New	Find a Quiet Spot and Read	Get an Extra Hour of Sleep	Create a Fitness Goal	Meditate for 10 Minutes
DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
Create a Morning Routine	Unplug for 12 hours	Do something spontaneous	Try a New Coffee or Tea	Write 3 Intentions for Yourself
DAY 21	DAY 22	DAY 23	DAY 24	DAY 25
Create a Bedtime Routine	Start Your Day With Gratitude	Identify Three Stressors	Send a "Thank You" Note	Engage in Self-Reflection
DAY 26	DAY 27	DAY 28	DAY 29	DAY 30
Take a personal day	Call a friend	Give Yourself a Spa Day	Watch sunset or sunrise	Meditate for 20 Minutes

# JOURNALING PAGE

*Write 3 Intentions for Yourself*

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*Identify Three Stressors*

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*Self-Reflection*

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