

30-DAY SELF-CARE

Challenge

| DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 |
|------------------------------|-------------------------------|------------------------------|---------------------------------|-----------------------------------|
| Go on a Leisurely Walk Alone | Declutter 10 Items | Create a Vision Board | Be Good to Someone You Love | Start a New Inspiring Book |
| 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 Eating Healthy |
| 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 | Skip the Added Sugar | 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 Daily Facial | Watch sunset or sunrise | Make a Wish |