

30-DAY SELF-CARE CHALLENGE

DAY 1

Practice yoga for 15 minutes

DAY 2

Meditate for 10 minutes

DAY 3

Take a daily walk outside

DAY 4

Declutter your living space

DAY 5

Drink 8 glasses of water

DAY 6

Write down 3 things you are grateful

DAY 7

Get a massage or practice self-massage

DAY 8

Listen to your favorite music

DAY 9

Drink herbal tea before bed

DAY 10

Take a bubble bath

DAY 11

Practice positive affirmations

DAY 12

Start a gratitude journal

DAY 13

Do a random act of kindness

DAY 14

Create a vision board

DAY 15

Reduce your intake of sugar

DAY 16

Try out healthy and delicious recipes

DAY 17

Eat more fruits, vegetables, and nuts

DAY 18

Unfollow social media acc. that aren't positive

DAY 19

Start reading a new book

DAY 20

Practice self-awareness

DAY 21

Take care of your dental health

DAY 22

Swim or do other cardio exercises

DAY 23

Get some sunshine to boost your mood

DAY 24

Clean out your closet

DAY 25

Practice aromatherapy

DAY 26

Take yourself on a date

DAY 27

Write in a journal

DAY 28

Learn a new skill or hobby

DAY 29

Try to be more productive

DAY 30

Practice self-compassion

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