

30 DAY Self-Care Challenge

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Start a gratitude journal	Take a 15 minute walk outdoors	Read a book for 15 minutes	Call someone you love	Practice deep breathing
DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
Listen to your favorite song	Stretch for 10-15 minutes	Go to bed 30 minutes earlier	Have a game night	De-clutter a room or desk
DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
Spend some time outside	Watch a movie or series you enjoy	Create a bucket list	Listen to a podcast	Wake up 15 minutes earlier
DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
Try a free online workout	Make your favorite meal	Do your favorite hobby	Write a list of short-term goals	Take a long shower or bath
DAY 21	DAY 22	DAY 23	DAY 24	DAY 25
Read inspirational quotes	Do something that makes you laugh	Watch the sunrise, sunset, or clouds.	Spend the day social media free	Have a home spa day
DAY 26	DAY 27	DAY 28	DAY 29	DAY 30
Perform a random act of kindness	Create/refresh a morning or evening routine	Create a vision board on Pinterest	Journal your thoughts	Buy or pick some flowers for yourself