



# Self-Care Challenge

|                                                   |                                                 |                                                       |                                                  |                                                    |
|---------------------------------------------------|-------------------------------------------------|-------------------------------------------------------|--------------------------------------------------|----------------------------------------------------|
| <b>DAY 1</b><br><br>Start a gratitude journal     | <b>DAY 2</b><br><br>Learn to meditate           | <b>DAY 3</b><br><br>Spend the day social media free   | <b>DAY 4</b><br><br>Call someone you love        | <b>DAY 5</b><br><br>Take a 15 minute walk outdoors |
| <b>DAY 6</b><br><br>Listen to a podcast           | <b>DAY 7</b><br><br>Learn to cook a new recipe  | <b>DAY 8</b><br><br>Stretch for 10-15 minutes         | <b>DAY 9</b><br><br>Listen to your favorite song | <b>DAY 10</b><br><br>Practice deep breathing       |
| <b>DAY 11</b><br><br>Go to the movies by yourself | <b>DAY 12</b><br><br>Read a book for 30 minutes | <b>DAY 13</b><br><br>Write a list of short-term goals | <b>DAY 14</b><br><br>Take a power nap            | <b>DAY 15</b><br><br>Spa Day                       |
| <b>DAY 16</b><br><br>Create a bucket list         | <b>DAY 17</b><br><br>Wake up 15 minutes earlier | <b>DAY 18</b><br><br>Drink water all day              | <b>DAY 19</b><br><br>Buy yourself something nice | <b>DAY 20</b><br><br>Sleep in 15 minutes longer    |
| <b>DAY 21</b><br><br>Watch your favorite movie    | <b>DAY 22</b><br><br>Write down your thoughts   | <b>DAY 23</b><br><br>Take a bubble bath               | <b>DAY 24</b><br><br>Create a vision Board       | <b>DAY 25</b><br><br>Read inspirational quotes     |
| <b>DAY 26</b><br><br>Go to bed 30 minutes earlier | <b>DAY 27</b><br><br>Go get a mani & pedi       | <b>DAY 28</b><br><br>Do a face mask                   | <b>DAY 29</b><br><br>Start a release journal     | <b>DAY 30</b><br><br>Write 5 'I AM' statements     |