



# 30-DAY SELF-CARE CHALLENGE



Set a personal goal for the week/month



Walk for 15-30 minutes today



Write a list of 10 things you're grateful for



Go outside and enjoy nature



Declutter a room or workspace



Set yourself around positive people



Cook a healthy meal



Try a Yoga or Pilates Class



Write a positive affirmation and repeat it throughout the day



Create a relaxing bedtime routine



Journal about your thoughts and feelings



Choose a hobby and set aside time to do it



Create a peaceful slow-paced morning routine



Unplug from technology for an hour



Listen to your favorite music or a calming playlist



Find time to sit in stillness and collect your thoughts



Be in the company of someone who affirms you



Read a book or watch a movie that inspires you



Organize your day/week with a to-list to stay focused



Take a power nap or restorative break



Get 7-8 hours of good sleep for mental clarity



Volunteer or perform a random act of kindness



Treat yourself to a small indulgence



Reflect on your accomplishments, goals, and growth



Practice mindfulness by focusing on the present moment



Write a letter to your future self



Set boundaries to protect your energy and time



Listen to something or watch a show that makes you laugh



Practice self-compassion and forgive yourself for past mistakes



Find joy in the small things-like a cup of coffee or a sun set

SELF CARE

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