



# 30 DAY Self-Care Challenge

<b>DAY 1</b>	<b>DAY 2</b>	<b>DAY 3</b>	<b>DAY 4</b>	<b>DAY 5</b>
Start a gratitude journal	Learn to meditate	Spend the day social media free	Call someone you love	Take a 15 minute walk outdoors
<b>DAY 6</b>	<b>DAY 7</b>	<b>DAY 8</b>	<b>DAY 9</b>	<b>DAY 10</b>
Listen to a podcast	Learn to cook a new healthy recipe	Stretch for 10-15 minutes	Listen to your favorite song	Practice deep breathing
<b>DAY 11</b>	<b>DAY 12</b>	<b>DAY 13</b>	<b>DAY 14</b>	<b>DAY 15</b>
Try a free online workout	Read a book for 15 minutes	Write a list of short-term goals	De-clutter a room or desk	Go to bed 30 minutes earlier
<b>DAY 16</b>	<b>DAY 17</b>	<b>DAY 18</b>	<b>DAY 19</b>	<b>DAY 20</b>
Have a friend fun night	Do what you always wanted to do	Make your favorite meal	Make yourself something nice	Create a bucket list
<b>DAY 21</b>	<b>DAY 22</b>	<b>DAY 23</b>	<b>DAY 24</b>	<b>DAY 25</b>
Watch a movie or series	Spend time with self	Take a long shower or bath	Have a home pampering day	Read inspirational quotes
<b>DAY 26</b>	<b>DAY 27</b>	<b>DAY 28</b>	<b>DAY 29</b>	<b>DAY 30</b>
Create a vision board	Dedicate a loving kindness wish to self	Do a face mask	Write an appreciative letter to self	Take a power nap