



# 30 Day Self Care Challenge

1. START ONE SMALL, NEW HEALTHY HABIT
2. MAKE YOUR BED EACH MORNING
3. COOK YOUR FAVORITE MEAL
4. CUDDLE A PET OR HUMAN
5. TURN OFF YOUR PHONE FOR A FEW HOURS
6. WRITE IN A JOURNAL
7. GO FOR A LONG WALK
8. HAVE A DIGITAL DETOX
9. SAY YES TO SOMETHING FUN
10. PUT ON YOUR FAVORITE MUSIC AND DANCE
11. DO 30 MINS OF STRETCHING OR FOAM ROLL
12. COZY UP IN A BLANKET WITH A GOOD BOOK
13. DOODLE OR COLOR IN A COLORING BOOK
14. TAKE A LONG BATH
15. GO FOR LUNCH WITH FRIENDS
16. SIT IN THE SUN
17. BAKE YOUR FAVORITE TREAT
18. TAKE A NAP
19. WRITE A LETTER TO YOUR FUTURE SELF
20. DECLUTTER YOUR WARDROBE
21. LISTEN TO A MOTIVATIONAL PODCAST
22. PLAN OUT YOUR WEEK'S TO-DOS
23. CLEAN OUT YOUR EMAIL INBOX
24. BUY YOURSELF FLOWERS
25. WATCH A SUNRISE OR SUNSET
26. SAY NO
27. REFLECT ON YOUR PERSONAL ACHIEVEMENTS
28. DO SOMETHING SELFISH
29. MEDITATE/PRAY FOR 10 MINUTES
30. HAVE A MOVIE NIGHT SNACKS

THESE CHALLENGES ARE DESIGNED TO ENHANCE PERSONAL GROWTH AND HAPPINESS THROUGH VARIED ACTIVITIES THAT NURTURE DIFFERENT ASPECTS OF SELF-CARE. YOU CAN START ANY DAY, AND ADJUST THE ORDER OR MODIFY ACTIVITIES TO BETTER FIT YOUR LIFESTYLE AND PREFERENCES.