



THIRTY DAY Self-Care Challenge

Small steps. Big change. You matter.



Take 30 days to focus on you! Each day is a simple act of self-care to help you feel happier, healthier, and recharged.

DAY 1  Begin a gratitude journal.	DAY 2  Discover the art of meditation.	DAY 3  Take a day off from social media.	DAY 4  Reach out to someone dear to you.	DAY 5  Enjoy a refreshing 15-minute stroll outside.
DAY 6  Tune in to a podcast.	DAY 7  Discover how to prepare a new recipe.	DAY 8  Take 10 to 15 minutes to stretch.	DAY 9  Enjoy listening to your favorite song.	DAY 10  Engage in deep breathing exercises.
DAY 11  Explore a complimentary online workout session.	DAY 12  Read a book for 15 minutes	DAY 13  Write a list of short-term goals	DAY 14  De-clutter a room or desk	DAY 15  Go to bed 30 minutes earlier
DAY 16  Have a game night	DAY 17  Wake up 15 minutes earlier	DAY 18  Make your favorite meal	DAY 19  Buy yourself something nice	DAY 20  Create a bucket list
DAY 21  Watch a movie or series	DAY 22  Write down your thoughts	DAY 23  Take a long shower or bath	DAY 24  Have a home spa day	DAY 25  Read inspirational quotes
DAY 26  Create a vision board	DAY 27  Spend some time outside	DAY 28  Do a hair mask	DAY 29  Write it all down in a journal	DAY 30  Take a power nap

You deserve care, too.
When you take care of yourself,
you have more to give to the people you love.

Be kind to yourself
every single day.

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