



Thirty day Self-Care Challenge

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