



30-Day Self-Care Challenge

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|--|--|---|---------------------------------|-------------------------------------|
| 1
TAKE 10 DEEP BREATHS | 2
DO SIX SUN SALUTATIONS | 3
WRITE A LETTER TO YOUR FUTURE SELF | 4
DO LEGS UP THE WALL | 5
SOAK IN EPSOM SALTS |
| 6
LISTEN TO A CALMING PLAYLIST | 7
FEEL SUNSHINE ON YOUR SKIN | 8
WRITE WHAT WENT WELL TODAY | 9
GET CRAFTY AND CREATIVE | 10
ENGAGE IN DEEP CONVERSATION |
| 11
SET UP A SOOTHING SLEEP RITUAL | 12
NAME 5 THINGS YOU'RE GRATEFUL FOR | 13
MOVE YOUR BODY FOR 10 MINUTES | 14
TAKE A NATURE BREAK | 15
LISTEN TO A GUIDED MEDITATION |
| 16
REACH OUT TO A LOVED ONE | 17
MAKE A COLORFUL MEAL | 18
DRINK WATER THROUGHOUT THE DAY | 19
BUY YOURSELF A TINY TREAT | 20
TAKE A BREAK FROM TECHNOLOGY |
| 21
CLOSE YOUR EYES FOR FIVE MINUTES | 22
GET OR GIVE A CONSENSUAL HUG | 23
SIMPLIFY YOUR CHOICES | 24
PET A FUR BABY | 25
READ FOR PLEASURE |
| 26
CREATE FROM A NEW LOCATION | 27
GIVE BACK: VOLUNTEER, DONATE, COMPLIMENT | 28
NOTICE YOUR FIVE SENSES | 29
SAVOR A HEALTHY SNACK | 30
NAME YOUR FEELINGS |