



30 DAY

Self-Care

CHALLENGE

1

Go for a 20 minute walk

2

Make your favorite meal

3

Go to bed on time

4

Listen to a motivational podcast

5

Create a vision board

6

Have breakfast in bed

7

Write down 5 things you are grateful for

8

Drink tea or hot chocolate

9

Take a nap

10

Try a new recipe

11

Start a gratitude journal

12

Give yourself a massage

13

Watch your favorite movie

14

Listen to your favorite song

15

Make your favorite smoothie

16

Buy yourself something nice

17

Drink 8 glasses of water

18

Stretch for 10 minutes

19

Bake your favorite cookies

20

Set your weekly goals

21

Try a new hobby

22

Plan your meals for the day

23

Take a social media break

24

Declutter a room in your house

25

Read a book

26

Take 15 minutes to meditate before bed

27

Give someone a compliment

28

Write down 5 things you like about yourself

29

Start a dream journal

30

Do something you enjoy