



30-day SELF CARE CHALLENGE

DAY 1

Set 3 goals for the upcoming month

DAY 2

Dance to your favorite songs

DAY 3

Cook a new recipe

DAY 4

Get dressed up

DAY 5

Practice gratitude

DAY 6

Listen to a podcast

DAY 7

Watch a movie

DAY 8

Take yourself out for coffee

DAY 9

Read a book

DAY 10

Give a compliment

DAY 11

Do a yoga session

DAY 12

Write down good things about today

DAY 13

Do some cleaning

DAY 14

Buy yourself a gift

DAY 15

Get creative

DAY 16

Go for a walk

DAY 17

Have a facemask

DAY 18

Make your own affirmation

DAY 19

Order in tonight

DAY 20

Give yourself 3 compliments

DAY 21

Meditate

DAY 22

Have a social media cleanse

DAY 23

Go candle sniffing

DAY 24

Take a long shower or bath

DAY 25

Digital detox for an hour

DAY 26

Eat your favorite dinner

DAY 27

Write a letter to yourself

DAY 28

Guided breathing exercise

DAY 29

Go to bed early

DAY 30

Reflect on the last 30 days



Notes:
