

# The 30 Day Self-Care CHALLENGE

DAY 01	DAY 02	DAY 03	DAY 04	DAY 05
Take a power nap	Write in your journal	Get your haircut	Spend time out in nature	Create a vision board
DAY 06	DAY 07	DAY 08	DAY 09	DAY 10
Get inspired with some quotes	Have a home spa day	Take a long bath	Write down your thoughts	Watch a movie or tv series
DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
Create a bucket list	Treat yourself to something nice	Make your favorite meal	Wake up 30mins early	Have a game night with friends
DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
Go to bed 30mins earlier	De-clutter your home	Write a short list of goals	Read a book	Try a free online workout
DAY 21	DAY 22	DAY 23	DAY 24	DAY 25
Practice deep breathing	Listen to your favorite artist	Stretch for 30mins	Learn to cook a new recipe	Listen to a podcast
DAY 26	DAY 27	DAY 28	DAY 29	DAY 30
Go for a long walk	Call somebody you love	Avoid Social media for the day	Learn to meditate	Start a gratitude journal