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# 30 DAY **SELF-CARE CHALLENGE**

*Easy, Actionable Steps to Restoring  
Balance and Energy*

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**Thank you for respecting the hard work for the author**

# Medical Disclaimer

**Consult with a clinician in your care**

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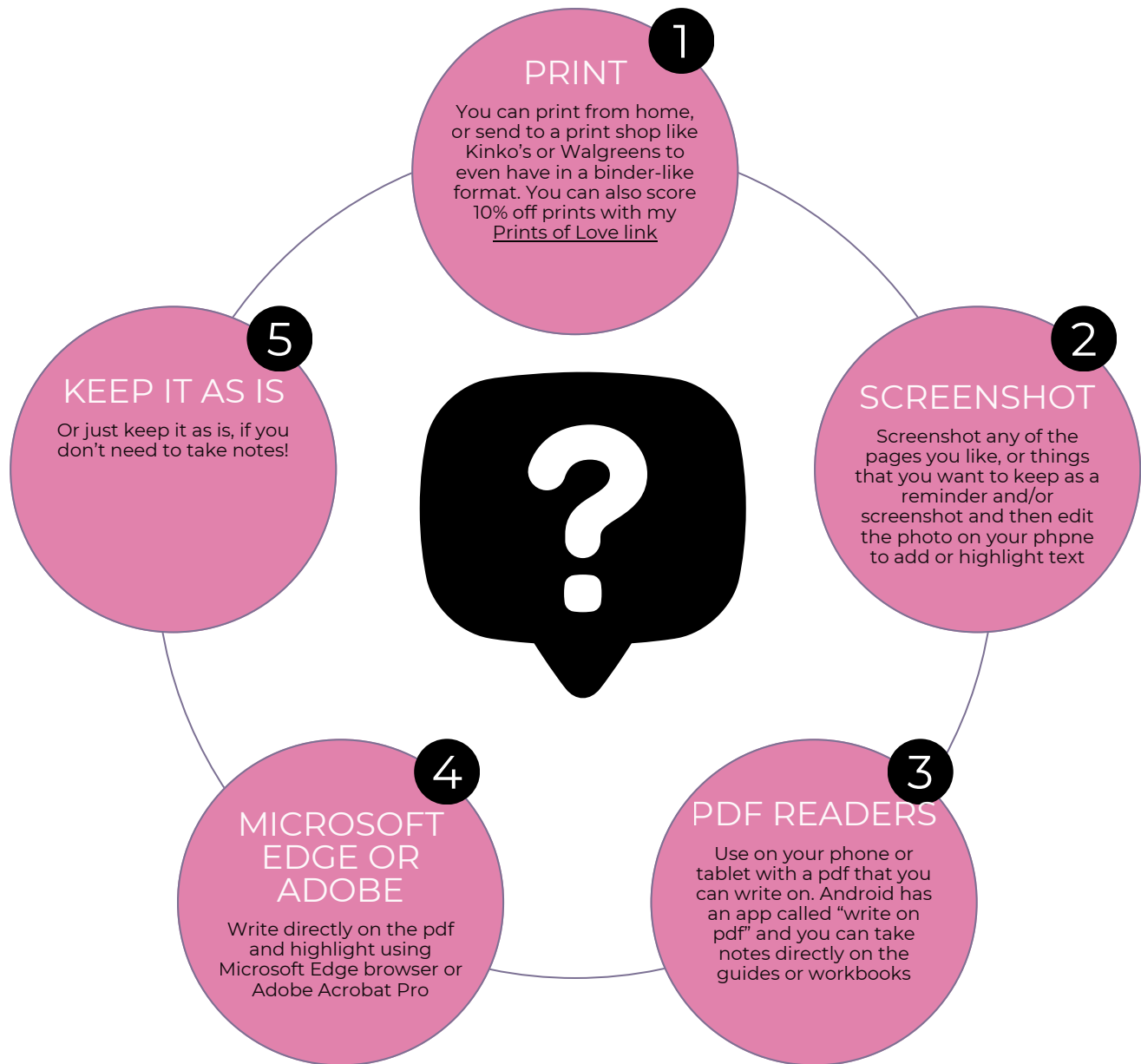
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# Ways You Can Use This Guide: Here are Some Suggested Uses

If you like to take personal notes or be an active reader, there are ways you can still use this pdf guide to do that.



# 30 Days Self Care Challenge

Here's a 30-day self-care challenge designed to promote physical, mental, and emotional well-being. Remember to adapt it to your personal preferences and needs. Items do not have to be completed in order. Check them off as your schedule allows, but you still want to do one activity each day! LIGHTER VERSION IS ON THE NEXT PAGE

<b>Day 01</b>	<b>Day 02</b>	<b>Day 03</b>	<b>Day 04</b>	<b>Day 05</b>
Write your goals for the challenge down	Do a 10-minute morning meditation	Take a 30-minute nature walk	Digital Detox: No screens 2 hours before bed	Write down 3 things you are grateful for
<b>Day 06</b>	<b>Day 07</b>	<b>Day 08</b>	<b>Day 09</b>	<b>Day 10</b>
Try a NEW workout	Pamper yourself: long bath, face mask or hot water soak	Mindful eating: eat without distractions, savor each bite	Connect with a loved one: in person or over the phone	Get creative: draw, paint, write, sculpt, etc today
<b>Day 11</b>	<b>Day 12</b>	<b>Day 13</b>	<b>Day 14</b>	<b>Day 15</b>
Take up a new hobby or learn a new skill	Create a boundary and action plan	Mindful breathing: deep relaxation and stress relief	Practice mindfulness in every activity today	Declutter: organize and tidy up an area at home or work
<b>Day 16</b>	<b>Day 17</b>	<b>Day 18</b>	<b>Day 19</b>	<b>Day 20</b>
Self reflect on your strengths and areas of improvement	Listen to your all-time favorite song	Try guided imagery or other relaxation techniques	Perform a random act of kindness today	Meditate on things you are grateful for
<b>Day 21</b>	<b>Day 22</b>	<b>Day 23</b>	<b>Day 24</b>	<b>Day 25</b>
Perform a brain-boost: puzzle, crossword or brain-training app	Prioritize a full night of sleep tonight	Nature connect: do something outdoors	Reflect on recent achievements: big or small	Repeat positive affirmation to boost confidence
<b>Day 26</b>	<b>Day 27</b>	<b>Day 28</b>	<b>Day 29</b>	<b>Day 30</b>
Try a new recipe	Practice forgiveness to someone past or present	Visualize your future and your path to success	Journal about your emotions and feelings	Celebrate your achievements with this challenge

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# Want More?

If you liked this challenge, I have quite a few more resources!

For the most up-to-date, head to: [www.releaseology.com/selfcare-resources](http://www.releaseology.com/selfcare-resources)

Congratulations! You've taken the first steps to caring for yourself in a meaningful way.

Remember, self-care doesn't have to be complicated. Even small actions add up when practiced consistently. This workbook is just the beginning.

The full Self-Care Workbook takes you deeper with detailed assessments, step-by-step planning, and powerful strategies to help you:

- Overcome self-limiting beliefs
- Strengthen your relationships
- Master stress management techniques
- Build a complete, personalized self-care routine

Your self-care journey starts here — and it can grow as much as you do.



## Bundle & Save:

- **\$57 for all workbooks**
- **\$97 for all of the above (plus 7 vagus nerve exercises focused on self care)**
- **\$347 for nervous system mastery course plus all of the self care resources FREE**

**Book a virtual session or in-person session in Tempe, AZ to get one on one personal guidance.**

**HSA cards accepted**

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# About the Author

Hi! I'm Sara Becker, DPT (doctorate of physical therapy), Certified Health Coach, Vagus Nerve Guru and Movement Specialist. I pride myself on the nontraditional approach to healthcare as **I believe the body and brain are capable of so much more healing than traditional medicine has given it credit for.**

My journey into the world of physical therapy began with a deep fascination for the brain and nervous system—the way these intricate networks quietly orchestrate everything we do without our conscious awareness. It was always second nature to me, this understanding of how our bodies move, heal, and adapt. The nervous system just made sense.

Throughout my career, I dedicated myself to neurorehabilitation. I spent countless hours helping patients recover from life-altering events like strokes, traumatic brain injuries (concussions), and spinal cord injuries. These experiences were as challenging as they were rewarding, and they fueled my determination to help people regain not just their movement, but their independence, confidence, and quality of life.



Over time, I began to see a critical connection: true healing wasn't just about addressing muscles and joints—it was about working with the nervous system itself. Pain, stress, and dysfunction often have deeper roots in how the brain and body communicate. I realized that by targeting pain at its neurological source, I could help people experience deeper, lasting relief.

This revelation led me to immerse myself in perfecting hands-on techniques like neurokinetic therapy (NKT), vagus nerve regulation, dry needling, and myofascial release. I crafted a practice centered on holistic, root-cause healing that not only reduces pain and dysfunction but helps my clients feel more at ease in their bodies.

## Let's Release Your Body's Own Healing Potential



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# About Releaseology

At Releaseology, my mission is simple: to help you uncover the root cause of your pain, stress, or dysfunction—and give you the tools to finally release it. Unlike many traditional clinicians who focus only on the obvious symptoms, I take a deeper, more investigative approach. I look for the overlooked patterns, the hidden dysfunctions, and the subtle compensations that others might miss. This is where true, lasting change begins.

## Why Releaseology Is Different

- **Root-Cause Focused:** I don't just treat where it hurts. I explore the nervous system, movement patterns, and compensations that are often ignored.
- **Hands-On Techniques:** From neurokinetic therapy and dry needling to cupping and fascial release, every session is tailored to you.
- **Rapid Results, Real Change:** My goal isn't to keep you coming back forever—it's to help you improve as quickly as possible while still making sustainable, long-term progress.

## In-Person or Virtual Options

I offer in-person services in Tempe, Arizona, as well as highly curated virtual services. And here's something you should know about me: ***I don't do anything halfway.***



During COVID, insurance companies required that telehealth sessions be certified as “just as effective” as in-person care. At that time, I refused to offer virtual sessions because the tools I used then were most effective in person. I couldn't, in good conscience, promise the same results virtually. But today? That's different. The virtual services I now provide have been carefully designed and tested to be just as effective and valuable as my in-person care. When you book a virtual session, rest assured—it's because I know it will work.

**Why This Matters?** Whether you're here in Arizona or connecting with me virtually, you'll get the same level of detail, dedication, and results-driven care. I only offer what I know can help you feel and move better.

Ready to see the difference? Book with me [here](#)

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