

30 DAY



Self-Care Challenge

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Start a gratitude journal	Learn to meditate	Spend the day social media free	Call someone you love	Take a 15 minute walk outdoors
DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
Listen to a podcast	Learn to cook a new recipe	Stretch for 10-15 minutes	Listen to your favorite song	Practice deep breathing
DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
Try a free online workout	Read a book for 15 minutes	Write a list of short-term goals	De-clutter a room or desk	Write a letter to your younger self
DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
Buy yourself something nice	Write a letter to your future self	Make your favorite meal	Have a game night	Do a Random Act of Kindness
DAY 21	DAY 22	DAY 23	DAY 24	DAY 25
Watch a movie or series	Write down your thoughts	Take a long shower or bath	Have a home spa day	Read inspirational quotes
DAY 26	DAY 27	DAY 28	DAY 29	DAY 30
Create a vision board	Spend some time outside	Do a face or hair mask	Write it all down in a journal	Take a power nap