



# 30-DAY



## SELF CARE CHALLENGE

CROSS OFF THE BOX AFTER YOU COMPLETE  
CAN BE DONE IN ANY ORDER!

### DAY 1

TAKE A 15  
MIN WALK  
OUTSIDE

### DAY 2

CALL  
SOMEONE  
YOU LOVE

### DAY 3

NO SOCIAL  
MEDIA FOR  
1 DAY

### DAY 4

LISTEN TO A  
PODCAST

### DAY 5

JOT DOWN  
YOUR  
THOUGHTS

### DAY 6

TRY OUT A  
NEW RECIPE

### DAY 7

TRY A 10 MIN  
MEDITATION  
VIDEO

### DAY 8

TRY A NEW  
WORKOUT

### DAY 9

PLAY A GAME  
AT HOME

### DAY 10

WATCH A  
FUNNY MOVIE  
OR SHOW

### DAY 11

CREATE A  
BUCKET LIST

### DAY 12

DE-CLUTTER  
A ROOM OR  
DESK

### DAY 13

GO TO BED 30  
MIN EARLY

### DAY 14

MAKE YOUR  
FAVORITE  
MEAL

### DAY 15

BUY  
SOMETHING  
FOR YOURSELF

### DAY 16

STRETCH FOR  
10 MIN

### DAY 17

TAKE 5 SLOW  
DEEP BREATHS

### DAY 18

TAKE A LONG  
SHOWER OR  
BATH

### DAY 19

MAKE A QUICK  
TO-DO LIST

### DAY 20

SPEND TIME  
OUTSIDE

### DAY 21

TRY NO ADDED  
SUGAR FOR 1  
DAY

### DAY 22

GET A  
MASSAGE OR  
FACIAL

### DAY 23

TRY A  
GRATITUDE APP  
OR JOURNAL

### DAY 24

TAKE AN HOUR  
OR TWO FOR  
YOURSELF

### DAY 25

VISIT A PARK  
OR BEACH

### DAY 26

EAT WITHOUT  
TV OR PHONE

### DAY 27

DRINK ONLY  
WATER FOR  
ONE DAY

### DAY 28

HAVE A GOOD  
LAUGH

### DAY 29

DO AN ACT OF  
KINDNESS

### DAY 30

READ FOR 15  
MIN