

# 30-DAY SELF CARE CHALLENGE

Start A Positivity Journal

Practice Saying "No"

Create A Self Care Kit

Meditate For 10-15 Minutes

Have A No Complaint Day

Give Yourself A Compliment

Read For Pleasure

Go To Bed 30 Minutes Earlier

Take A Social Media Break

Practice Deep Breathing Exercise

Create A Relaxation Playlist

Self Reflection Journaling

Do Something You've Been Procrastinating

Spend Quality Time With Loved Ones

Digital Detox Evening

Practice Self Compassion

Help Someone

Self Care Spa Night

Express Gratitude To Others

Enjoy A Leisurely Walk

Write Down Your Achievements

Revisit an Old Hobby

Savor A Favorite Treat

Write A Letter To Your Future Self

Practice Gratitude Before Bed

Pamper Yourself

Write Down Life Goals

Watch A Sunrise Or Sunset

Create Self Care Plan

Celebrate Your Accomplishments