

30 DAY

Self-Care Challenge

Write down 10 good things about today	Make your own affirmation	Make your favorite meal	Listen to music and dance	Make yourself brunch	Write a letter to your future self
Take a long shower or bath	Clean out a drawer or closet	Watch a movie or series	Have a game night	Create a playlist	Sleep in
Buy yourself something nice	Write down 15 things you're grateful for	Doodle or color something	Find a DIY project to do	Have a home spa day	Do a social media purge
Read a book or magazine	Try a new recipe	Make a mood board	Take 15 minutes to meditate	Pull out your favorite outfit and dress up	Create a bucket list
Write down your thoughts	Give yourself 3 compliments	Listen to a podcast	Take a social media break	Take a nap	Read inspirational quotes