30 DAY SELF-CARE CHALLENGE

TAKE A BREAK AND TRY ONE OF THESE SELF-CARE ACTIVITIES EACH DAY

○	○	○	○	○
Do a workout	Drink more water	Go for a walk outdoors	Write a positive affirmation	Go to bed early
○	○	○	○	○
Listen to your favourite song	Do something you love	Take a nice bubble bath	Cook your favourite meal	Practise yoga
○	○	○	○	○
Unplug from social media	Do some journaling or doodling	Call someone who makes you laugh	Write down 3 things you are grateful for	Read a book
○	○	○	○	○
Do some stretches	Watch the clouds	Go for a drive	Watch your favourite movie	Write a letter to a friend
○	○	○	○	○
Sit under the stars	Start a new hobby	Write out your goals	Organise your wardrobe	Watch the sunset
○	○	○	○	○
Give yourself a break	Listen to a podcast	Declutter your space	Spend time with someone you love	Go out with friends

30 DAY SELF-CARE CHALLENGE

TAKE A BREAK AND DESIGN YOUR OWN SELF-CARE ACTIVITIES FOR EACH DAY