

30-Day Self Care Challenge

 Read something inspirational	 Listen to a positive podcast	 Meditate for 15 mins	 Take a social media break	 Write 5 things you are grateful for
 Give yourself 3 compliments	 Learn a new skill	 Do a facial mask	 Take a walk	 Call a friend
 Drink 8 glasses of water	 Journal for 10 mins	 Get some fresh air	 Laugh today	 Watch the sunset
 Write your own affirmation	 Do 15 squats	 Make a cup of tea or other warm beverage	 Watch a movie	 Pamper yourself
 Eat a meal with a friend or family member	 Go to bed earlier tonight	 Check in with your feelings	 Turn your phone off 1 hour before bed	 Visualize your happy place
 Make a list of your accomplishments	 Try not to complain for the entire day	 Stretch for 10 mins	 Identify your support network	 Self-reflect on the month