

# 30 DAY *Self Care* CHALLENGE

<b>DAY 1</b> GO TO BED 15 MINUTES EARLY	<b>DAY 2</b> PAINT YOUR NAILS A COLOR YOU'VE NEVER USED BEFORE	<b>DAY 3</b> COLOR ONE PAGE IN AN ADULT COLORING BOOK	<b>DAY 4</b> HAVE LUNCH IN THE SUN	<b>DAY 5</b> UNPLUG FROM YOUR DEVICES FOR AN ENTIRE EVENING
<b>DAY 6</b> TAKE A 30 MINUTE WALK	<b>DAY 7</b> PRACTICE DEEP BREATHING	<b>DAY 8</b> TRY A FACE MASK	<b>DAY 9</b> LISTEN TO AN EASY LISTENING PLAYLIST	<b>DAY 10</b> HAVE COFFEE WITH AN OLD FRIEND
<b>DAY 11</b> HOST A DANCE PARTY WITH YOUR KIDS	<b>DAY 12</b> FIND A HEALTHY ALTERNATIVE FOR YOUR FAVE SNACK	<b>DAY 13</b> TRY OUT A NEW HOBBY	<b>DAY 14</b> START READING A NEW BOOK	<b>DAY 15</b> INDULGE IN YOUR FAVORITE DESSERT
<b>DAY 16</b> HAVE A NETFLIX BINGE NIGHT IN YOUR FAVE PAJAMAS	<b>DAY 17</b> GRAB A SMOOTHIE TO START YOUR MORNING	<b>DAY 18</b> CALL A FRIEND YOU HAVEN'T TALKED TO IN A WHILE	<b>DAY 19</b> FIND A FUN DIY PROJECT TO TACKLE	<b>DAY 20</b> PLAN A MINI GETAWAY FOR YOU & THE KIDS
<b>DAY 21</b> JOURNAL YOUR FEELINGS AND REFLECT ON THEM LATER	<b>DAY 22</b> GET A PEDICURE OR GIVE YOURSELF ONE	<b>DAY 23</b> ENJOY A PICNIC IN THE PARK - OR BACKYARD!	<b>DAY 24</b> TAKE SILLY SELFIES WITH YOUR KIDS	<b>DAY 25</b> TREAT YOURSELF TO A NEW OUTFIT
<b>DAY 26</b> LIGHT A CANDLE AND ENJOY THE SCENT	<b>DAY 27</b> CREATE A VISION BOARD FOR YOUR GOALS	<b>DAY 28</b> FIND 5 AFFIRMATIONS TO REPEAT EVERY MORNING	<b>DAY 29</b> GO FOR A DRIVE WITH THE WINDOWS DOWN	<b>DAY 30</b> DO A BRAIN DUMP AND MAKE TO DO LISTS