

30-DAY SELF-CARE CHALLENGE

Set a personal goal for the month

Practice deep breathing or meditation for 10 minutes

Write a list of 10 things you're grateful for

Take a walk outside

Declutter a room or workspace

Call or text a friend to catch up

Cook a healthy meal

Practice yoga or gentle stretching

Write a positive affirmation and repeat it throughout the day

Create a relaxing bedtime routine

Journal about your thoughts and feelings

Set aside time for your favorite hobby

Give yourself a compliment

Unplug from technology for an hour

Listen to your favorite music or a calming playlist

Practice mindfulness while doing everyday tasks

Spend time with a pet or visit a local animal shelter

Read a book or watch a movie that inspires you

Explore a new relaxation method, like progressive muscle relaxation

Take a power nap or restorative break

Create a vision board or list of personal goals

Volunteer or perform a random act of kindness

Treat yourself to a small indulgence

Reflect on your accomplishments and growth

Connect with nature by visiting a park, beach, or forest

Write a letter to your future self

Set boundaries to protect your energy and time

Establish a morning routine that energizes you

Practice self-compassion and forgive yourself for past mistakes

Review your progress and celebrate your achievements