

30-Day Self-Care Challenge

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1. Set 2 goals you would like to achieve during this challenge	2. Go for a walk	3. Make a gratitude list of all the things you are thankful for in your life
4. Make all of your meals phone free today	5. Meditate for 5 minutes, focusing on your breathing	6. Clean out your email inbox	7. Be productive before using social media today	8. No Complaint Day	9. Spend 15 minutes in silence	10. Write down 3 things that went well today
11. Compliment a stranger	12. Write a letter to your future self with hopes and possible achievements	13. Drink more water today	14. Tell yourself what you like about yourself	15. Get outside today	16. Make an "energizing" playlist	17. Declutter your living space
18. Make a to-do list of things you can realistically complete today	19. Stretch or do yoga	20. Make a list of books that you would like to read in the future	21. Make a bucket list	22. Make a budget and schedule bill payments	23. Write about your happiest memory	24. Find an inspirational quote
25. Pay it forward - do something kind for someone else	26. Find an inspirational quote	27. Try to be assertive in your communication, use an "I" statement	28. Text an old friend	29. Make a list of things that help calm you down when you are upset	30. Notice your self-talk today and try to have a positive perspective	

