



# 30-DAY

## self-care challenge

1. START ONE SMALL, NEW HEALTHY HABIT
  2. MAKE YOUR BED EACH MORNING
  3. COOK YOUR FAVOURITE MEAL
  4. CUDDLE A PET OR HUMAN
  5. TURN OFF YOUR PHONE FOR A FEW HOURS
  6. WRITE IN A JOURNAL
  7. GO FOR A LONG WALK
  8. HAVE A DIGITAL DETOX
  9. SAY YES TO SOMETHING FUN
  10. PUT ON YOUR FAVOURITE MUSIC AND DANCE
  11. DO 30 MINS OF STRETCHING OR PILATES
  12. COZY UP IN A BLANKET WITH A GOOD BOOK
  13. DOODLE OR COLOUR IN A COLOURING BOOK
  14. TAKE A LONG BATH
  15. GO FOR LUNCH WITH FRIENDS
  16. SIT IN THE SUN
  17. BAKE YOUR FAVOURITE TREAT
  18. TAKE A NAP
  19. WATCH YOUR FAVOURITE TV SHOW
  20. PUT ON YOUR FAVOURITE FACE MASK
  21. DECLUTTER A CERTAIN SPACE I.E WARDROBE
  22. LISTEN TO A MOTIVATIONAL PODCAST
  23. PLAN OUT YOUR WEEK'S TO-DOS
  24. CLEAN OUT YOUR EMAIL INBOX
  25. BUY YOURSELF FLOWERS
  26. GIVE YOURSELF A MANICURE
  27. DO SOME YOGA
  28. SAY NO
  29. MAKE A VISION BOARD
  30. DO SOMETHING SELFISH
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