

# 30 Day Self-Care Challenge

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physical

1

Take a stroll.

2

Stretch for 30 minutes.

3

Take a nap.

4

Moisturize with Lotion.

5

Sip on a warm drink.

6

Eat a Healthy meal.

7

Have a solo dance party.

mental

8

Digital Detox.

9

Read a hardcover book.

10

Listen to soothing music.

11

Look at old photo albums.

12

Write & throw away negative thoughts.

13

Meditate to reprogram your mind.

14

Write in a reflective journal.

emotional

15

Do something happy.

16

Random act of kindness.

17

Remove toxicity from your phone.

18

Watch a game show.

19

Sing-a-long to a song.

20

Watch a movie.

21

Repeat positive affirmations.

social

22

Play board games.

23

Join a Facebook group.

24

Convo with someone on social media

25

Convo with someone at the store

26

Express gratitude.

27

Call someone.

28

Go out with friends.

spiritual

29

Go to Church.

30

Meditate & Pray.

1

Write a gratitude letter.

2

Be alone in a sacred space.

3

Listen to a Ted Talk.

4

Try a guided imagery.

5

Watch a worship concert.