

# 30 Day SELF CARE Challenge

Take a walk around the neighborhood by yourself.

Give yourself a manicure or pedicure.

Soak in a hot bath and read a magazine.

Start a Gratitude Journal.

Try a new healthy snack recipe.

Color! Find free printable adult coloring sheets online.

Try dry brushing before the shower.

Call a friend that you haven't talked to in a while.

Start a brain dump notebook.

Make a healthy breakfast.

Do a face mask.

Try a workout video.

Wake up an hour before your kids do, and read a book or magazine.

Perform a mini self health check

Today, only eat foods that you would want your kids to eat.

Declutter! Pick one room, drawer, or closet to work on.

Make a cup of coffee and enjoy it on the porch while your kids play.

Lay in bed or on the couch and watch a TV show.

Work on a craft.

Drink half of your weight in water - If you weight 150, drink 75 ounces.

Shave your legs, exfoliate, and put on lotion.

Play your favorite song with the volume cranked up.

Take a nap.

Go for a drive by yourself, even if it's just to get a latte.

Start a habit tracker to track water intake, exercise, sleep, etc.

Write a positive affirmation on a sticky note and put it on your mirror.

Visit a favorite store, even if it's just to window shop.

Organize paper work and family documents.

Light a candle or diffuse essential oils.

Make a to-do list for tomorrow.

