

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.

