

A 30-DAY

Self-Care Challenge

Exercise for
30 minutes

Start a
new book

Make a
to-do list

Plan a spa
day

Develop a
personal
mantra

Wear your
favorite
outfit

Try mindful
meditation

Try Yoga

Practice
deep
breathing

Create a
list of your
goals

Go for a
walk

Eat a
healthy
breakfast

Declutter
your living
space

Get
enough
sleep

Call a
friend

Visit a
family
member

Listen to
your
favorite
songs

Unplug
from your
phone for
2 hours

Have a
game
night

Listen to a
podcast

Start
journaling

Burn a
candle

Try a new
recipe

Plan your next
getaway

Take a
bubble bath

Drink 8
cups of
water

Make a
bucket list

Meal Prep

Write a
love letter
to yourself

Relax & do
nothing