

30 Day SELF-CARE CHALLENGE

MIND	BODY	SOUL
01 WATCH A TEDX TALK AND BE INSPIRED	02 DRINK AT LEAST 2 L/70 OZ OF WATER	03 CREATE A NEW MORNING ROUTINE
04 CLEAN UP YOUR SOCIAL MEDIA FEEDS	05 STRETCH ALL YOUR MUSCLES	06 DO SOMETHING CREATIVE
07 RESEARCH AN UNFAMILIAR TOPIC	08 COOK A HEALTHY MEAL	09 PRACTICE MEDITATION
10 DE-CLUTTER A ROOM OR WORKSPACE	11 PRACTICE YOGA	12 DEFINE WHAT GIVES YOU STRESS
13 WATCH A DOCUMENTARY	14 GROOM YOURSELF	15 MAKE A GRATITUDE LIST

16 CLEAN OUT YOUR E-MAIL INBOX	17 BE VEGAN / VEGETARIAN FOR A DAY	18 CREATE A NEW EVENING ROUTINE
19 TRY SOMETHING NEW	20 GO FOR A WALK	21 WRITE DOWN WHO YOU NEED TO FORGIVE
22 GET RID OF 3 THINGS YOU DON'T USE	23 HAVE A LONG SHOWER OR BUBBLE BATH	24 WRITE A LOVE LETTER TO YOURSELF
25 HAVE A SOCIAL MEDIA FREE DAY	26 DRINK AT LEAST 5 CUPS OF GREEN TEA	27 SAY POSITIVE AFFIRMATIONS
28 DO ONE THING YOU'VE BEEN PUTTING OFF	29 TRY A NEW PHYSICAL EXERCISE	30 DEFINE SOME SHORT- TERM GOALS