



30 DAY Self-Care Challenge

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|---|--|--|--|---|
| <input type="checkbox"/>
Try a new recipe | <input type="checkbox"/>
Take a bubble bath | <input type="checkbox"/>
Write a letter to a future self | <input type="checkbox"/>
Go to a nature walk | <input type="checkbox"/>
Eat your favorite dessert guilt-free |
| <input type="checkbox"/>
Write down three things you're grateful for | <input type="checkbox"/>
Declutter small area in your home | <input type="checkbox"/>
Practice deep breathing for 5 minutes | <input type="checkbox"/>
Do a random act of kindness for someone else | <input type="checkbox"/>
Meditate for 10 minutes to clear your mind |
| <input type="checkbox"/>
Try a new hobby or craft | <input type="checkbox"/>
Walk 10000 steps | <input type="checkbox"/>
Try a new exercise | <input type="checkbox"/>
Read a book that inspires you | <input type="checkbox"/>
Watch the sunrise or sunset |
| <input type="checkbox"/>
Practice yoga or stretching exercises | <input type="checkbox"/>
Take a power nap to recharge your energy | <input type="checkbox"/>
Practice mindful eating | <input type="checkbox"/>
Create a vision board for your ideal future | <input type="checkbox"/>
Spend time with loved ones |
| <input type="checkbox"/>
Get creative with a DIY project or craft | <input type="checkbox"/>
Volunteer your time or skills to help others | <input type="checkbox"/>
Watch a movie or a new series | <input type="checkbox"/>
Write a love letter to yourself | <input type="checkbox"/>
Spend an hour doing nothing |
| <input type="checkbox"/>
Eat a dessert made of fruits | <input type="checkbox"/>
Cook your favorite food | <input type="checkbox"/>
Go for a leisurely bike ride or hike in nature | <input type="checkbox"/>
Write down your fears and then let them go | <input type="checkbox"/>
Go to a mini shopping spree for self-care items |