

# 30 Days of Self-Care



Spend a few quiet moments in nature

Read a few pages from your favourite book

Move your body gently

Listen to your favourite music

Enjoy a nourishing meal

Repeat 5 positive affirmations throughout the day

Take a warm bath or shower

Express yourself creatively

Write 5 things you are grateful for

Try 5 minutes of meditation

Journal about your thoughts and feelings

Do something that makes you happy

Go on a lunch date with yourself

Unplug from technology for an hour

Declutter a small area

Spend time with loved ones

Spend 15 minutes doing yoga

Treat yourself to something you like

Bake your favourite recipe

Write 20 things you are grateful for

Spend time thinking of your goals

Plan a fun outing with a friend

Try one thing you have never done before

Listen to a podcast

Get 8 hours or more of sleep

Write a letter to your future self

Set boundaries to protect your energy and time

Establish a morning routine that energises you

Practice self-compassion and forgive yourself for past mistakes

Review your progress and celebrate your achievements

*Move through this in your own time. Returning to yourself is enough.*

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