

# 30 DAY Self-Care Challenge

Try something new everyday!

1	2	3	4	5
Buy yourself some flowers	Dance like nobody is watching	Spend the day social media free	Call someone you love	Take a 20 minute walk outdoors
6	7	8	9	10
Listen to a podcast	Learn to cook a new recipe	Stretch for 10-15 minutes	Listen to your favorite song	Wear a new bright lipstick
11	12	13	14	15
Try a free online workout	Get lost in a book	Spend time visualising the life you want to create	De-clutter a room or desk	Go to bed 30 minutes earlier
16	17	18	19	20
Invite friends for dinner	Wake up 15 minutes earlier	Organise your finances	Buy yourself something nice	Start to get clear with your goals
21	22	23	24	25
Go to the theatre or cinema alone	Start a journal	Take a long shower or bath	Have a home spa day	Watch inspiring videos or documentaries
26	27	28	29	30
Create a vision board	Spend some time outside	Have a batch cooking day	Book a holiday	Take a power nap (anytime!)