



30 DAY Self-Care Challenge

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Drink 8 Glasses of Water	Make Your Bed	Take a 20-Minute Walk	Eat One Fruit	Stretch for 10 Minutes
DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
Read 10 Pages	Sleep Before 11 PM	Declutter One Small Area	Get 10 minutes of morning sunlight outside	Write down 3 things you are grateful for
DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
Call or Text a Loved One	Eat a Healthy Breakfast	Spend 30 Minutes Offline	Practice Deep Breathing for 5 Minutes	Plan Tomorrow's Tasks
DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
Clean Your Workspace	No Complaining for One Day	Limit Social Media to 30 Minutes	Do 15 Minutes of Exercise	Eat Vegetables with Every Meal
DAY 21	DAY 22	DAY 23	DAY 24	DAY 25
Review Your Monthly Budget	Spend Time on a Hobby	Go Outside for Fresh Air	Write Down One Personal Goal	Avoid Sugary Drinks
DAY 26	DAY 27	DAY 28	DAY 29	DAY 30
No screen time 45 minutes before sleep	Sit Up Straight All Day	Do One Kind Act	Avoid Junk Food Today	Reflect on Your Progress

