

Self-Care

30-DAY CHALLENGE

Drink 8 Glasses of Water	Make Your Bed	Take a 20-Minute Walk	Eat One Fruit	Stretch for 10 Minutes
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
Call or Text a Loved One	Eat a Healthy Breakfast	Spend 30 Minutes Offline	Deep breathe for 5 minutes	Plan Tomorrow's Tasks
Clean Your Workspace	No Complaining for One Day	Limit Social Media to 30 Minutes	Do 15 Minutes of Exercise	Eat Vegetables with Every Meal
Review Your Monthly Budget	Spend Time on a Hobby	Go Outside for Fresh Air	Write Down One Personal Goal	Avoid Sugary Drinks
No screens 45 mins before sleep	Sit Up Straight All Day	Do One Kind Act	Avoid Junk Food Today	Reflect on Your Progress