

# 30-DAY SELF-CARE CHALLENGE

Day 1

Drink 8  
Glasses of  
Water

Day 2

Make Your  
Bed

Day 3

Take a  
20-Minute  
Walk

Day 4

Eat One Fruit

Day 5

Stretch for 10  
Minutes

Day 6

Read 10  
Pages

Day 7

Sleep Before  
11 PM

Day 8

Declutter  
One Small  
Area

Day 9

Get 10 mins  
of morning  
sunlight

Day 10

Write 3  
things you  
are grateful  
for

Day 11

Call or Text a  
Loved One

Day 12

Eat a Healthy  
Breakfast

Day 13

Spend 30  
Minutes  
Offline

Day 14

Deep  
breathe for 5  
minutes

Day 15

Plan  
Tomorrow's  
Tasks

Day 16

Clean Your  
Workspace

Day 17

No  
Complaining  
for One Day

Day 18

Limit Social  
Media to 30  
Minutes

Day 19

Do 15  
Minutes of  
Exercise

Day 20

Eat  
Vegetables  
with Every  
Meal

Day 21

Review Your  
Monthly  
Budget

Day 22

Spend Time  
on a Hobby

Day 23

Go Outside  
for Fresh Air

Day 24

Write Down  
One Personal  
Goal

Day 25

Avoid Sugary  
Drinks

Day 26

No screens  
45 mins  
before sleep

Day 27

Sit Up  
Straight All  
Day

Day 28

Do One Kind  
Act

Day 29

Avoid Junk  
Food Today

Day 30

Reflect on  
Your Progress