

30-DAYS

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



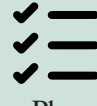
Spend 30 Minutes Offline

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