

30 DAY

Self-Care

CHALLENGE

Watch a
Favorite
TV Show

Spend 15
Minutes
Outside

Cook Your
Favorite
Dinner

Text an
Old Friend

Journal

Go for a
Drive

Pay It
Forward

Sleep In

Make Your
Favorite
Breakfast

Take a
Warm
Bath or
Shower

Go
Shopping

Mail a
Letter

Do Yoga or
Stretch

Have a
Pamper
Night

Get
Dressed
Up

Make a List
of Your
Accomplish
ments

Make Art

Have a
Social
Media
Free Day

Dream and
Set
Related
Goals

Bake
Something
(& Eat It)

Clean Out
Your
Closet

Play With
a Pet

ZERO
Negativity
Day

Unfollow
Spree

Meditate

Movie
Night

Do
Something
You've
Been
Avoiding

Watch the
Sunrise or
Sunset

Take
Yourself
Out

PJ Day!