

NAME:

START DATE:

# Self-Care Challenge



Over the course of 30 days, practice good self-care by carrying out each of these 30 suggestions in any order. Fill in the circle after completing each one.

<p><b>1</b></p> <p>Dance to your favorite song.</p> <p><input type="radio"/></p>	<p><b>2</b></p> <p>Give someone (human or animal) a hug.</p> <p><input type="radio"/></p>	<p><b>3</b></p> <p>Go to bed a little early.</p> <p><input type="radio"/></p>	<p><b>4</b></p> <p>Tidy up your space.</p> <p><input type="radio"/></p>	<p><b>5</b></p> <p>Enjoy a good laugh.</p> <p><input type="radio"/></p>	<p><b>6</b></p> <p>Take ten slow, deep breaths. Notice how you feel.</p> <p><input type="radio"/></p>
<p><b>7</b></p> <p>Stretch.</p> <p><input type="radio"/></p>	<p><b>8</b></p> <p>Sing to yourself.</p> <p><input type="radio"/></p>	<p><b>9</b></p> <p>Go for a walk.</p> <p><input type="radio"/></p>	<p><b>10</b></p> <p>Pick out a new book to read.</p> <p><input type="radio"/></p>	<p><b>11</b></p> <p>Spend time in nature. Observe a plant or animal.</p> <p><input type="radio"/></p>	<p><b>12</b></p> <p>Create something by hand.</p> <p><input type="radio"/></p>
<p><b>13</b></p> <p>Write down a new habit you'd like to create.</p> <p><input type="radio"/></p>	<p><b>14</b></p> <p>Have a no-tech or a low-tech day.</p> <p><input type="radio"/></p>	<p><b>15</b></p> <p>Do something nice for someone else.</p> <p><input type="radio"/></p>	<p><b>16</b></p> <p>Try a new food.</p> <p><input type="radio"/></p>	<p><b>17</b></p> <p>Look at one of your favorite photos.</p> <p><input type="radio"/></p>	<p><b>18</b></p> <p>Wear your favorite outfit.</p> <p><input type="radio"/></p>
<p><b>19</b></p> <p>Drink a little extra water throughout the day.</p> <p><input type="radio"/></p>	<p><b>20</b></p> <p>Look up at the sky. Watch the stars or the clouds.</p> <p><input type="radio"/></p>	<p><b>21</b></p> <p>Write down three things you are grateful for.</p> <p><input type="radio"/></p>	<p><b>22</b></p> <p>Read a poem out loud.</p> <p><input type="radio"/></p>	<p><b>23</b></p> <p>Donate something.</p> <p><input type="radio"/></p>	<p><b>24</b></p> <p>Write down three of your goals.</p> <p><input type="radio"/></p>
<p><b>25</b></p> <p>Give (or send) a compliment to someone you love.</p> <p><input type="radio"/></p>	<p><b>26</b></p> <p>Write down a motivational quote or saying that inspires you.</p> <p><input type="radio"/></p>	<p><b>27</b></p> <p>Write a thank you letter to yourself.</p> <p><input type="radio"/></p>	<p><b>28</b></p> <p>Close your eyes and daydream for five minutes.</p> <p><input type="radio"/></p>	<p><b>29</b></p> <p>Smell one of your favorite scents.</p> <p><input type="radio"/></p>	<p><b>30</b></p> <p>Write down your best quality.</p> <p><input type="radio"/></p>



## Reflection

At the end of the 30 days, reflect back on your experience. How did intentionally doing things to promote your physical and emotional well-being impact you? Are there any practices above that you would like to continue?