

30 Day SELF-CARE CHALLENGE

DAY 1

Try Meditating for 5 Minutes

DAY 4

Bake SOMETHING DELISH

DAY 7

Buy a NEW Lipstick

DAY 10

Make a Plan to Volunteer

DAY 13

Put JAMMIES on extra early

DAY 16

Buy Yourself Flowers

DAY 19

Plan a Girlfriend Dinner

DAY 22

Declutter Something

DAY 25

Buy a COZY Blanket

DAY 28

Donate (10) Items

DAY 2

Sit and Read for 30 minutes

DAY 5

Take a Bubble Bath/Hot Shower

DAY 8

Celebrate Yourself Today

DAY 11

Buy NEW (soft) Sheets

DAY 14

Start a Grateful Journal

DAY 17

Get a Manicure/Pedicure

DAY 20

Join a Book Club

DAY 23

Add soothing Pretty to your Home

DAY 26

Light a Beautiful Candle for Dinner

DAY 29

Write a Letter to Someone you Love

DAY 3

Call a Girlfriend who makes you Laugh

DAY 6

Turn your Phone OFF after Dinner

DAY 9

Do Something You Don't Usually Do

DAY 12

Plan a Date Night

DAY 15

Try a NEW recipe

DAY 18

Book a Massage

DAY 21

Go on a Walk By Yourself

DAY 24

Slow Down Today

DAY 27

Detox Your Life in (1) Way

DAY 30

Thank Someone Today

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