

# 30 DAY SELF-CARE CHALLENGE

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- Day 1 - Do a Deep Breathing Exercise
- Day 2 - Catch up with a friend
- Day 3 - Schedule something fun
- Day 4 - Donate something you never use
- Day 5 - Do 30 minute yoga class
- Day 6 - Plan and eat a healthy meal
- Day 7 - Ask for help
- Day 8 - Listen to you favorite song
- Day 9 - Take 10 minutes to read
- Day 10 - Go for a walk
- Day 11 - Practice a favorite hobby
- Day 12 - Binge your favorite Netflix or Hulu show
- Day 13 - Go to bed 30 minutes early
- Day 14 - Just drink water today
- Day 15 - Play a game
- Day 16 - Set a mini goal for the day
- Day 17 - Cross an item off your to-do list
- Day 18 - Give someone a compliment
- Day 19 - Plan a night with friends
- Day 20- Try a 5 minute meditation
- Day 21 - Facetime with family
- Day 22 - Do something outside
- Day 23 - Book a date night
- Day 24 - Unfollow negative people on social media
- Day 25 - Follow 2 new positive people or influencers
- Day 26 - Say NO to something
- Day 27 - Unplug and detox from your phone
- Day 28 - Watch a silly YouTube video
- Day 29 - Write down something good that happened
- Day 30 - Go crush a fun workout

