

30-DAY SELF-CARE CHALLENGE

Start a gratitude journal	Write down 10 things you love about yourself	Recite 1 positive affirmation every hour	Set phone reminders with uplifting words	Compliment yourself & others throughout the day
Journal & reflect on the past year	Do something that makes you happy	Follow a guided meditation	Express your creativity	Spend time in nature
Cook a special meal for yourself	Practice yoga or do some light stretching	Write a letter to your younger self	Read a book you genuinely enjoy	Spoil yourself - you choose how
Try an artistic endeavor	Make a music playlist of old and new favorites	Write down 10 self-promises	Write down & release 1 limiting belief	Unplug for at least 2 hours
Brainstorm ways you can destress your life	Write a letter to your future self	Write down your goals for the next year	Treat yourself - you choose how	Make space for fun and play
Connect to the earth & nature	Compliment yourself when you look in the mirror	Declutter your social media	Try 1 thing you've never done before	Repeat your favorite activity from the challenge

CHALLENGE TRACKER

DAY	NOTES	DONE?
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CHALLENGE TRACKER

DAY	NOTES	DONE?
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