30-Day Self-Care Challenge

One small kind thing for yourself, every day.

1 ☐ Drink a big glass of water first thing	**2** ☐ Go for a 20-minute walk	**3** ☐ Write down 3 things you are grateful for	**4** ☐ Go to bed 30 minutes early	**5** ☐ Stretch for 10 minutes
6 ☐ Call or text a friend	**7** ☐ Cook a nourishing meal	**8** ☐ Take the evening off social media	**9** ☐ Read for 20 minutes	**10** ☐ Declutter one drawer
11 ☐ Take a long bath or shower	**12** ☐ Listen to a favorite album	**13** ☐ Spend 15 minutes outside	**14** ☐ Write down what is worrying you	**15** ☐ Do something creative
16 ☐ Say no to one thing	**17** ☐ Try a 5-minute meditation	**18** ☐ Wear something that feels good	**19** ☐ Buy or pick yourself flowers	**20** ☐ Watch a comfort movie
21 ☐ Unfollow accounts that drain you	**22** ☐ Move your body in a way you enjoy	**23** ☐ Make a cozy drink and sip it slowly	**24** ☐ Write a kind note to yourself	**25** ☐ Tidy your bedroom
26 ☐ Try something new	**27** ☐ Have a slow morning	**28** ☐ Give someone a compliment	**29** ☐ Plan something to look forward to	**30** ☐ Look back and celebrate the month