

GROWN & SEXY SISTAHH'S 30 DAY SELF-CARE CHALLENGE

MIND

1-Listen to an inspirational video on YouTube

4-Take ½ day off of social media

7-Google a topic you are unfamiliar with

10-Make a playlist of only uplifting songs

13-Declutter your work space or dresser drawers

16-Try a new activity or hobby

19-Sign up for weekly inspirational emails

22-Sell 3 things you no longer use on Ebay

25-Sit outside for 2 hours and just listen to nature

28-Schedule a coaching session on GSS.com

BODY

2-Drink at least 64oz. of water

5-Get a spa treatment

8-Cook a healthy meal for dinner

11-Make a green smoothie for breakfast

14-Practice "Yoga with Adrienne" on YouTube

17-Treat yourself to a mani or pedi

20-Take 20 mins to stretch in the A.M

23-Practice being a vegan or vegetarian for a day

26-Take a long walk

29-Sign up for a \$10 gym membership at Planet Fitness

SOUL

3-Create a 20 min morning meditation routine

6-Do something to explore your creative side

9-Get up an hour early to start a new A.M routine

12-Write down 3 things that stress you

15-Write down 3 things you are grateful for first thing in the A.M

18-Write a love letter to yourself

21-Visit LouiseHay.com to learn a new affirmation

24-Write down a list of people you need to forgive

27-Write down a list of short & long term goals

30-Start an evening routine of thankfulness