

# 4 WEEK SELF-CARE CHALLENGE

1 EAT YOUR FAVORITE MEAL	2 IDENTIFY 3 WAYS YOU HAVE GROWN AND 1 THING YOU WOULD LIKE TO CONTINUE WORKING ON	3 SPEND 30 MINUTES DECLUTTERING, CLEANING OR ORGANIZING SOMETHING THAT NEEDS IT	4 IDENTIFY A PERSON YOU COULD STRENGTHEN YOUR BOUNDARIES WITH AND HOW YOU CAN DO SO	5 ENGAGE IN YOUR FAVORITE WELLNESS ACTIVITY (BATH, FACE MASK, RUN, ETC)
6 WATCH YOUR FAVORITE MOVIE ALONG WITH YOUR FAVORITE SNACK	7 GO TO YOUR FAVORITE RELAXATION SPOT- BREATHE IN YOUR WORRIES AND OUT YOUR PEACE	8 FORGIVE YOURSELF FOR SOMETHING YOU STILL HAVEN'T. WRITE A GOODBYE LETTER TO YOUR GUILT.	9 TAKE YOURSELF ON A DATE. AFTERWARDS, JOURNAL ABOUT YOUR EXPERIENCE	10 MAKE A PLAYLIST OR VIDEO LIST OF MEDIA THAT INSPIRES YOU OR MAKES YOU HAPPY
11 TAKE A BREAK FROM SOCIAL MEDIA TODAY.	12 WRITE YOURSELF A LETTER OF GRATITUDE AND APPRECIATION	13 DRINK A GALLON OF WATER, AND EAT AT LEAST ONE FRUIT OR VEGETABLE	14 TAKE A COLD SHOWER OR BATH FOR AS LONG AS YOU CAN TOLERATE	15 GET MOVING- TAKE A 60 MINUTE WALK, OR DANCE WITH NO INHIBITION
16 MAKE A BULLET LIST OF ALL THE THINGS THAT MADE YOU SMILE TODAY	17 COMMIT TO 8 HOURS OF SLEEP TONIGHT	18 IDENTIFY SOMETHING THAT WEIGHS YOU DOWN THAT YOU CAN START SAYING "NO" TO	19 WRITE A LETTER OF OPTIMISM AND AFFIRMATION TO YOUR FUTURE SELF	20 IDENTIFY SOMETHING YOU HAVE GOTTEN OUT OF THIS CHALLENGE AND HOW YOU CAN CONTINUE TO USE IT