



Self Care

30 Day Challenge

Day 1

Stretch for 20 mins

Day 2

Catch up with a friend

Day 3

Watch your favorite movie

Day 4

Give someone a compliment

Day 5

Plan a road trip

Day 6

Hug someone you love

Day 7

Learn a new skill

Day 8

Meditate Day

Day 9

Buy an interesting book

Day 10

Write down 5 things you enjoy

Day 11

Make your favorite meal

Day 12

Learn a new language

Day 13

Take a power nap

Day 14

Catch up with a friend

Day 15

Dress up in your favorite outfit

Day 16

Take a relaxing bath

Day 17

Drink (more) water

Day 18

Explore your neighbourhood

Day 19

Deep-clean your house

Day 20

Have a family dinner

Day 21

Have a screen-free day

Day 22

Try a new workout

Day 23

Clean your sheets

Day 24

Book a weekend getaway

Day 25

Make a bucket list

Day 26

Go sugar-free for the day

Day 27

Buy yourself flowers

Day 28

Sit outside for 15 minutes

Day 29

Try a new kind of food

Day 30

Think positive

