

CROWN ME FOUNDATION

www.crownmefoundation.org



Set a personal goal for the month



Practice deep breathing or meditation for 10 minutes



Write a list of 10 things you're grateful for



Take a walk outside



Declutter a room or workspace



Call or text a friend to catch up



Cook a healthy meal



Practice yoga or gentle stretching



Write a positive affirmation and repeat it throughout the day



Create a relaxing bedtime routine



Journal about your thoughts and feelings



Set aside time for your favorite hobby



Give yourself a compliment



Unplug from technology for an hour



Listen to your favorite music or a calming playlist



Practice mindfulness while doing everyday tasks



Spend time with a pet or visit a local animal shelter



Read a book or watch a movie that inspires you



Explore a new relaxation method, like progressive muscle relaxation



Take a power nap or restorative break



Create a vision board or list of personal goals



Volunteer or perform a random act of kindness



Treat yourself to a small indulgence



Reflect on your accomplishment s and growth



Connect with nature by visiting a park, beach, or forest



Write a letter to your future self



Set boundaries to protect your energy and time



Establish a morning routine that energizes you



Practice self-compassion and forgive yourself for past mistakes



Review your progress and celebrate your achievements

30-DAY SELF-CARE CHALLENGE