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Nurture Your Mind with Let Growth Bloom

1 	2 	3 	4 	5 	6 
7 	8 	9 	10 	11 	12 
13 	14 	15 	16 	17 	18 
19 	20 	21 	22 	23 	24 
25 	26 	27 	28 	29 	30 

Choose a self-care activity each day from the Self-Care Menu.
Write it in the box and color the floral brain to mark your progress.
Reflect on your journey at the end of the 30 days!



Self-Care Menu

Choose One Activity Each Day to Nurture Your Mind

1. Journal for 10 minutes about your feelings.
2. Take a 15-minute walk in nature.
3. Practice deep breathing for 5 minutes.
4. Drink a glass of water and hydrate mindfully.
5. Write down 3 things you're grateful for.
6. Listen to your favorite song and relax.
7. Stretch your body for 10 minutes.
8. Call or text a friend to connect.
9. Read a chapter of a book you love.
10. Take 5 minutes to meditate.
11. Create a playlist of uplifting songs.
12. Draw or doodle something that makes you happy.
13. Watch a funny video and laugh.
14. Organize a small space (e.g., your desk).
15. Take a warm bath or shower.
16. Write a positive affirmation and repeat it.
17. Try a new hobby for 15 minutes.
18. Sip a cup of tea or hot cocoa mindfully.
19. Declutter your phone (e.g., delete old photos).
20. Spend 10 minutes in sunlight.
21. Practice a grounding technique (e.g., 5-4-3-2-1).
22. Write a letter to your future self.
23. Do a quick body scan meditation.
24. Make a healthy snack and enjoy it slowly.
25. List 5 things you love about yourself.
26. Watch the sunrise or sunset.
27. Dance to your favorite song.
28. Take 10 slow, deep breaths.
29. Reflect on a happy memory.
30. Celebrate your progress with a small treat!

Feel free to repeat activities or create your own! The goal is to nurture your mind daily.



Reflect on Your Self-Care Journey

Celebrate Your Growth with Let Growth Bloom

What self-care activities did you enjoy the most? Why?

How did this challenge make you feel over the 30 days?

What did you learn about yourself during this journey?

How will you continue to nurture your mind moving forward?

YOU DID IT! CELEBRATE YOUR GROWTH—YOU'RE BLOOMING BEAUTIFULLY!



How to Use Your Self-Care Challenge Printable

Thank you for purchasing this Self-Care Challenge Printable from Let Growth Bloom! Here's how to get started:

Step 1: Print Your Pages

Print the tracker, self-care menu, and reflection page on 8.5x11 paper at 100% scale. Use a color printer for the best experience, or print in black and white if needed. Cardstock or matte photo paper is recommended for durability.

Step 2: Start Your Challenge

Each day, choose a self-care activity from the menu, complete it, and mark it on the tracker by writing the activity and coloring the floral brain. Use the reflection page at the end to celebrate your growth.

Step 3: Reflect and Celebrate

After 30 days, use the reflection page to journal about your journey and plan how to continue nurturing your mind.

Printing Tips

If you don't have a printer, you can use a local print shop or library. For a durability, consider printing on cardstock.

Need Help? Need a Different Size?

If you have any questions, message me on Etsy – I'm here to help! This printable is designed for 8.5x11 paper. Need a different size? Message me, and I'll be happy to help!