

30-DAY *Self Compassion* CHALLENGE

Out of the Ashes
Reclaim Your Flame



- 01 Take a selfie to keep, not share
- 02 Write down 1 thing to celebrate and let yourself feel that happiness
- 03 Floss
- 04 Read one book chapter for pleasure
- 05 Learn one new thing
- 06 Make your bed
- 07 List 3 things you appreciate about yourself
- 08 Get into nature. Do something outside
- 09 While at work, replace and "I have to" with an "I get to"
- 10 Meditate for 10 mins
- 11 Say NO to something you don't want to do
- 12 Listen to 1 new uplifting song. Focus on the words, and don't multitask
- 13 Note every instance of negative self-talk. Replace it with positive words
- 14 Say "I am enough" 5 times in the mirror.
- 15 Put your phone out of reach for one hour
- 16 Do one thing that scares you
- 17 Watch one funny video and let yourself laugh and recharge
- 18 Color
- 19 Change your screensaver or phone screen to something uplifting
- 20 Do nothing for 10 minutes
- 21 When you are down, imagine what an uplifting friend would say to you
- 22 Write down a mistake and verbally forgive yourself
- 23 Exercise in any way for 20 mins.
- 24 Journal about a dream or goal—no matter how unrealistic. Get descriptive
- 25 Reconnect with an old friend
- 26 Organize one small part of your living space, house, or apartment.
- 27 Write a love letter to yourself
- 28 Don't go home right after work. Go to the library, the park, or even dinner alone
- 29 Take a guilt free nap
- 30 Get up to watch the sun rise