



30 DAY Self-Care Practices

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Start a gratitude journal.	Develop prayer/meditation routine.	Unplug from social media.	Deep breathing techniques.	Take a 15 minute walk outdoors.
DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
Create short-term goal list.	Listen to a podcast.	Take a hot steamy shower or bath.	Read a book for 20 minutes.	Pay It Forward.
DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
Prepare a new meal.	Take a 20 minute nap.	Unplug from the news.	De-clutter a room or desk.	Go to bed 30 minutes earlier.
DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
Create your dream destination list.	Wake up 15 minutes earlier.	Watch a comedy.	Treat yourself to your favorite dessert.	Have a game night.
DAY 21	DAY 22	DAY 23	DAY 24	DAY 25
Check on the welfare of 5 people today.	Affirm the one you see in the mirror.	Drink warm lemon water.	Home spa day.	Read inspirational quotes.
DAY 26	DAY 27	DAY 28	DAY 29	DAY 30
Create a vision board.	Have coffee with a friend.	Speak words of affirmations.	Write journal entries.	Command your "I AM" statements.