

30-DAY SELF-CARE TOTAL WELL-BEING PRACTICES

MENTAL	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
	Change how you think about you and speak confidently about you.	Write down 10 Affirmations & post them on your bathroom mirror.	Journal your thoughts.	Forgive those who have hurt you.	Make a list of your past mistakes and forgive yourself for each one.
PHYSICAL	DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
	Develop a Restful Sleep schedule. Start going to bed 30 minutes earlier.	Substitute your favorite sugary beverage with infused water.	Do a gentle stretch and workout for 20 minutes 3 days a week.	Give yourself a mini facial by doing a deep cleanse and face mask treatment.	Meal prep each week with healthy well-balanced meals and snacks.
SPIRIT	DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
	Close your eyes, sit quietly for 10-15 minutes.	Pray/meditate for 10-15 minutes each morning and night.	Express gratitude today and everyday.	Pray/meditate for 10-15 minutes each morning and night.	Make daily confessions of who you are and whose you are.
FINANCIAL	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
	Create a simple budget and track your finances.	Begin saving \$5 bills and deposit them into your savings account.	Write down your debts, make a plan to pay them off and DO IT!	Treat yourself to something special.	Create a side business to supplement your income.
SOCIAL	DAY 21	DAY 22	DAY 23	DAY 24	DAY 25
	Surround yourself with like-minded people who want the best for you.	Detach from social media, the news and Tik Tok.	Reframe from complaining and gossiping.	Have dinner and laugh with family and/or a friend.	Pay It Forward by giving a compliment or buy someone a coffee.
EMOTIONAL	DAY 26	DAY 27	DAY 28	DAY 29	DAY 30
	Do Deep Breathing Techniques throughout your day.	Speak kindly to yourself about yourself.	Identify, address and eliminate emotional triggers.	Replace negative self-talk with positive encouraging self-talk.	Make a list of what is not purposeful and purge them.