



Self-care Challenge



Month:

Year:

Do morning exercises

Drink 8 glasses of water

Walk outside for 20 minutes

Eat your favorite snack

Sleep 7-8 hours a day

Sing your favorite songs

Learn yoga for beginner

Take a warm bath

Cook your favorite dish

Start to eat healthy

Take a me-time

Start journaling

Do skincare ritual

Practice meditation

Practice gratitude

Try to craft something

Learn new hobby

Watch your watchlist

Read your favorite book

Write out your plans

Clean up your room

Organize your desk

Hang out with friends

Try to digital detox

Give yourself a break

Go to beach

Make some word of affirmation

Catch up with your family

Have a lunch outside

Wake up early