

15-DAY SELF-CARE

Challenge

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
<i>Go on a Leisurely Walk Alone</i>	<i>Declutter 10 Items</i>	<i>Create a Vision Board</i>	<i>Be Good to Someone You Love</i>	<i>Start a New Inspiring Book</i>
DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
<i>Get a Massage</i>	<i>Detox From Social Media</i>	<i>Do a Random Act of Kindness</i>	<i>Hydrate with 8 glasses of water</i>	<i>Commit to a Day of Eating Healthy</i>
DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
<i>Try Something New</i>	<i>Find a Quiet Spot and Read</i>	<i>Get an Extra Hour of Sleep</i>	<i>Create a Fitness Goal</i>	<i>Meditate for 10 Minutes</i>

Self-care is not selfish. You cannot serve from an empty vessel.

- Eleanor Brown