

30-DAY SELF-CARE

Challenge

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Go on a Leisurely Walk Alone	Declutter 10 Items	Create a Vision Board	Be Good to Someone You Love	Start a New Inspiring Book
DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
Get a Massage	Detox From Social Media	Do a Random Act of Kindness	Hydrate with 8 glasses of water	Commit to a Day of Eating Healthy
DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
Try Something New	Find a Quiet Spot and Read	Get an Extra Hour of Sleep	Create a Fitness Goal	Do Mindfulness for 10 Minutes
DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
Create a Morning Routine	Unplug for 12 hours	Do something spontaneous	Skip the Added Sugar	Write 3 Intentions for Yourself
DAY 21	DAY 22	DAY 23	DAY 24	DAY 25
Create a Bedtime Routine	Start Your Day With Gratitude	Identify Three Stressors	Send a "Thank You" Note	Engage in Self-Reflection
DAY 26	DAY 27	DAY 28	DAY 29	DAY 30
Take a personal day	Call a friend	Give Yourself a Daily Facial	Watch sunset or sunrise	Make a Wish

JOURNALING PAGE

Write 3 Intentions for Yourself

Identify Three Stressors

Make a Wish

SELF-CARE CHECK-IN

Self-care is important in maintaining a strong sense of self and a higher degree of mental wellness. While self-care has some shared principles, it may look different for everyone. This check-in is a quick way to see where more attention is needed to ensure you are meeting your self-care needs.

How to

Start by rating each self-care area below on a scale of 1 to 10.

10 being the highest and that you are doing an A++ in.

1 is the lowest and needs a little more attention from you.

Next, write what you have to do to meet your needs.

Self-Care Areas	Rating	What to do to meet this need?
Emotional Health		
Physical Health		
Friendships		
Quality time with Family		
Time Alone		
Opportunities to engage in pleasurable activities		
Relaxation & Peace		
Organization & Structure		
Being Challenged		
Feeling Valued & Loved		
Other		

Now that you have completed your Self-care check-in look at the following Self-Care Bank and see what activities you can do to fill you back up.

My Self-Care Bank Activities that fill me up	
Going for a walk	Drinking a glass of water
Having a snack	Cuddling up with a book
Practicing Mindfulness	Having a coffee date with a friend
Listening to music	Cleaning your room
Watching my favorite show	Doing a hobby
Learning something new	Gardening outside
Calling a friend	Doing your favorite exercise