

30-Day Self Care Challenge Calendar

Day 1	Take 10 Every Day	Measure Your Stress Level	Healthy Body – Hydrate	Best Sleep Ever – 9 Tools	Love Your Body (Part ;)
Gratitude Journal	Healthy Meal Planning	Hair or Face Mask/ Facial	Take a Bath/ Long, Hot Shower with Essential Oils	Take a Walk - Alone	Take a Nap/relax
Disconnect from Social Media for	Read Instead of Binge- watching Netflix	Get a Massage/ Reflexology	Listen to Upbeat Music	Play as if You Were 5 Years Old	Dream. Let Nothing Be a Barrier.
Get a Manicure or Pedicure	Meditate/ Try Yoga/ Mindfulness	Enjoy A Glass of Wine/ Cocktail/ Chocolate Bar Mindfully	Hand Write a Letter and Mail It!	Start/re- start/learn a (new) Hobby	Draw/Paint/ Be Creative
Create Positive Vibes About YOU	Declutter ONE Area of Your desk/house/ closet/drawer	Seek out Quiet	Stop, Drop, and GO	Start/ Read a New Book	Day 30