

30 Day Self-Care Challenge

- ✚ Take an unplanned day off from work
- ✚ Call a friend you haven't talked to in while
- ✚ Drink a minimum 8/8oz glasses of water per day
- ✚ Disconnect from social media or a day
- ✚ No television for a day
- ✚ Work Out Day! Try a new exercise class
- ✚ Write a love letter to yourself
- ✚ Write a list of positive affirmations
- ✚ Incorporate journaling into your evening regimen in order to reflect
- ✚ Eat away from your workstation
- ✚ Watch the sunset
- ✚ Try your hand at cooking a new meal
- ✚ Unfollow accounts that make you feel unworthy or question your value
- ✚ Declutter your closet
- ✚ Wake up 5 minutes early and practice deep breathing and meditation
- ✚ Try a face mask and sit peacefully for 10-15 minutes
- ✚ Post a favorite quote or scripture in eyesight for you to see daily
- ✚ Take a mid-day power nap
- ✚ Tell someone you love them and appreciate them
- ✚ Find a good book/article/magazine to read
- ✚ Wear your favorite piece of clothing or jewelry
- ✚ Have a detox day where you only consume fruits and vegetables
- ✚ Write down your short- and long-term goals
- ✚ Write down 3-5 things you are grateful for
- ✚ Go to bed early (6-8 hours of sleep does your body good)
- ✚ Don't take calls or emails related to work after your scheduled work time
- ✚ Listen to your favorite song and dance like no one is watching
- ✚ Light a candle and sit in the dark
- ✚ Schedule a date to hang out with your friends
- ✚ Take some time to be outdoors (beach, park, take a hike etc.)

