



# Self Care Challenge

30 Days of loving on yourself

*“Reclaiming My Time”~Maxine Water*

1. Rearrange the furniture in a room of your home or office
2. Create a Pinterest board titled “while I live” and add things you plan to do
3. Donate 5 items of clothing that you can’t fit
4. Buy yourself flowers
5. Identify your theme song
6. Write a note/letter to yourself of 10 years ago
7. Wear a bold color
8. Go to the park
9. Add something new to your bedtime routine such as reading before bed, essential oil or listening to calming tunes
10. Schedule a beauty appointment ex. nail, massage, brow or facial
11. Take a Nature Walk
12. Write 3 affirmations in ‘I am \_\_\_\_\_’ form. Ex. I am calm.
13. Create a playlist of songs that boost your mood
14. Express an unmet need to someone. “I would like\_\_\_\_\_.” Ex. I would like you to inform me before you plan to visit me.
15. Unfollow people that cause you to experience negative feelings on social media.
16. Do something you’ve been putting off
17. Get 8 hours of sleep
18. Throw away 3 things in your workspace or home that serve no value or immediate use
19. Make a vision board
20. Unsubscribe to junk emails
21. Recreate your favorite restaurant dish
22. Pay for a service that you normally try to DIY Ex. pay for a professional home cleaning
23. Drink 8 glasses of water
24. Make a list of 5 things you are grateful for
25. No phone calls or text with high drama people (the people who drain your energy)
26. Write down your goals with a timeline to complete each goal
27. Have a dance party in the mirror
28. Put on an outfit that makes you feel good
29. Say no to something you typically say yes that you don’t enjoy doing Ex. I will not be able to stay after work today
30. Journal about a positive experience