

30 Day Self Care Challenge

momathrift.com

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Drink More Water	Try Some Yoga	Make a Gratitude List	Take a Walk	Practice Meditation	Social Media Free Day	Try a New Exercise
Day 8	Day 9	Day 10.	Day 11	Day 12	Day 13	Day 14
Start a Journal	Take a Detox Bath	Get a Massage	Work on a Healthy Meal Plan	Sign up for a Class	Volunteer Somewhere	Make a few Music Playlists
Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
Drink Some Green Tea	Buy Coffee for a Stranger	Turn off your phone	Declutter	Be Creative	Bake Cookies for Someone	Text an Old Friend
Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
Start a New Book	Watch a Funny Movie	Give Flowers to Someone	Go for a Drive	Dance	Watch the Sunset	Doll Yourself Up
Day 29	Day 30					
Tell Someone You Appreciate Them	Set a goal for the next 30 days	<p>"Sometimes the most important thing in a whole day is the rest we take between two deep breaths." - ETTY HILLESUM</p>				