



30-DAY SELF-CARE CHALLENGE



<input type="checkbox"/> SET A PERSONAL GOAL FOR THE MONTH	<input type="checkbox"/> PRACTICE DEEP BREATHING OR MEDITATION FOR 10 MINUTES	<input type="checkbox"/> WRITE A LIST OF 10 THINGS YOU'RE GRATEFUL FOR	<input type="checkbox"/> TAKE A WALK OUTSIDE	<input type="checkbox"/> DECLUTTER A ROOM OR WORKSPACE
<input type="checkbox"/> CALL OR TEXT A FRIEND TO CATCH UP	<input type="checkbox"/> COOK A HEALTHY MEAL	<input type="checkbox"/> PRACTICE YOGA OR GENTLE STRETCHING	<input type="checkbox"/> WRITE A POSITIVE AFFIRMATION AND REPEAT IT THROUGHOUT THE DAY	<input type="checkbox"/> CREATE A RELAXING BEDTIME ROUTINE
<input type="checkbox"/> JOURNAL ABOUT YOUR THOUGHTS AND FEELINGS	<input type="checkbox"/> SET ASIDE TIME FOR YOUR FAVORITE HOBBY	<input type="checkbox"/> GIVE YOURSELF A COMPLIMENT	<input type="checkbox"/> UNPLUG FROM TECHNOLOGY FOR AN HOUR	<input type="checkbox"/> LISTEN TO YOUR FAVORITE MUSIC OR A CALMING PLAYLIST
<input type="checkbox"/> PRACTICE MINDFULNESS WHILE DOING EVERYDAY TASKS	<input type="checkbox"/> SPEND TIME WITH A PET OR VISIT A LOCAL ANIMAL SHELTER	<input type="checkbox"/> READ A BOOK OR WATCH A MOVIE THAT INSPIRES YOU	<input type="checkbox"/> EXPLORE PROGRESSIVE MUSCLE RELAXATION	<input type="checkbox"/> TAKE A POWER NAP OR RESTORATIVE BREAK
<input type="checkbox"/> CREATE A VISION BOARD OR LIST OF PERSONAL GOALS	<input type="checkbox"/> VOLUNTEER OR PERFORM A RANDOM ACT OF KINDNESS	<input type="checkbox"/> TREAT YOURSELF TO A SMALL INDULGENCE	<input type="checkbox"/> REFLECT ON YOUR ACCOMPLISHMENTS AND GROWTH	<input type="checkbox"/> CONNECT WITH NATURE BY VISITING A PARK, BEACH, OR FOREST
<input type="checkbox"/> WRITE A LETTER TO YOUR FUTURE SELF	<input type="checkbox"/> SET BOUNDARIES TO PROTECT YOUR ENERGY AND TIME	<input type="checkbox"/> ESTABLISH A MORNING ROUTINE THAT ENERGIZES YOU	<input type="checkbox"/> PRACTICE SELF-COMPASSION AND FORGIVE YOURSELF FOR PAST MISTAKES	<input type="checkbox"/> REVIEW YOUR PROGRESS AND CELEBRATE YOUR ACHIEVEMENTS

