

30-Day Self Care Challenge

 Drink more water	 Practice Yoga	 Go to bed on time	 Go Outside	 Set a mini goal
 Explore a new city	 Learn a new skill	 Start a new hobby	 Take a walk	 Make some crafts
 Play with your pet	 Take a bath	 Finish a puzzle	 Listen to a podcast	 Watch the sunset
 Sit in nature	 Do 30 Sit Ups	 Spark some creativity	 Watch a movie	 Pamper yourself
 Be a volunteer	 Face massage	 Spark some creativity	 Turn your phone off	 Eat cupcakes
 Do a DIY project	 Order a takeout	 Practice gratitude	 Take a nap	 Write a journal