

30 Day Self care Challenge

A month of working on ourselves, with small ideas to get creative and look after number one.

DAY 1 ☐ Book a year of doctor's visits in one day	DAY 2 ☐ Catch a movie alone	DAY 3 ☐ Set aside time for what you love	DAY 4 ☐ Swap your hand soap for an aromatherapy one	DAY 5 ☐ Start planning your next getaway
DAY 6 ☐ Hire a babysitter	DAY 7 ☐ Schedule something fun	DAY 8 ☐ Go to bed on time	DAY 9 ☐ Let the kids help with chores	DAY 10 ☐ Read a book
DAY 11 ☐ Pick up a cheap plant	DAY 12 ☐ Frame a favourite photo from your phone	DAY 13 ☐ Savour your morning coffee or tea	DAY 14 ☐ Unsubscribe from marketing emails	DAY 15 ☐ Listen to a soothing podcast
DAY 16 ☐ Have a phone-free night	DAY 17 ☐ Try a 10-minute meditation before bed	DAY 18 ☐ Affirm your worth	DAY 19 ☐ Close your eyes, drop your shoulders, roll your head	DAY 20 ☐ Take a mental health day
DAY 21 ☐ Go outside	DAY 22 ☐ Treat yourself to something small	DAY 23 ☐ Unfollow negative social media accounts	DAY 24 ☐ Eat lunch anywhere but your desk	DAY 25 ☐ Listen to your favourite childhood album
DAY 26 ☐ Budget 20 minutes of spa time	DAY 27 ☐ Set a mini goal	DAY 28 ☐ Cross an item off your to-do list	DAY 29 ☐ Plan a night in with friends	DAY 30 ☐ Just say no to something

Started on: _____ Tick off each day as you go . more free challenges at arloriverrex.com/30-day-challenges