

# 30 DAY SELF-CARE CHALLENGE

TAKE A BREAK AND TRY ONE OF THESE SELF-CARE ACTIVITIES  
EACH DAY

<input type="radio"/> Do a workout	<input type="radio"/> Drink more water	<input type="radio"/> Go for a walk outdoors	<input type="radio"/> Write a positive affirmation	<input type="radio"/> Go to bed early
<input type="radio"/> Listen to your favourite song	<input type="radio"/> Do something you love	<input type="radio"/> Take a nice bubble bath	<input type="radio"/> Cook your favourite meal	<input type="radio"/> Practise yoga
<input type="radio"/> Unplug from social media	<input type="radio"/> Do some journaling or doodling	<input type="radio"/> Call someone who makes you laugh	<input type="radio"/> Write down 3 things you are grateful for	<input type="radio"/> Read a book
<input type="radio"/> Do some stretches	<input type="radio"/> Watch the clouds	<input type="radio"/> Go for a drive	<input type="radio"/> Watch your favourite movie	<input type="radio"/> Write a letter to a friend
<input type="radio"/> Sit under the stars	<input type="radio"/> Start a new hobby	<input type="radio"/> Write out your goals	<input type="radio"/> Organise your wardrobe	<input type="radio"/> Watch the sunset
<input type="radio"/> Give yourself a break	<input type="radio"/> Listen to a podcast	<input type="radio"/> Declutter your space	<input type="radio"/> Spend time with someone you love	<input type="radio"/> Go out with friends

