

# THE 30 DAY

# self care challenge

Take 30 minutes out for yourself

Declutter your home

Go outside and spend time in nature

Get more sleep

Eat healthier

Get more exercise into your day

Drink more water

Start a journal

Read an uplifting book

Ring a friend and have a chat.

Work on combating negative beliefs

Watch a comedy or something funny

Listen to your favorite music

Try something new

Have a luxurious bath

Increase your self-confidence

Make a list of positive affirmations

write what you are grateful for

Spend the day not complaining

Start a morning routine

Spend the day offline and unplugged

Create a list of goals you want to accomplish

Get in touch with your creative side

Volunteer your time

Start blogging about your interests

Identify what stresses you out

Go to your favorite spot and enjoy your time there

Write a love letter to yourself

Treat and pamper yourself

Reflect on the journey you have been this past month