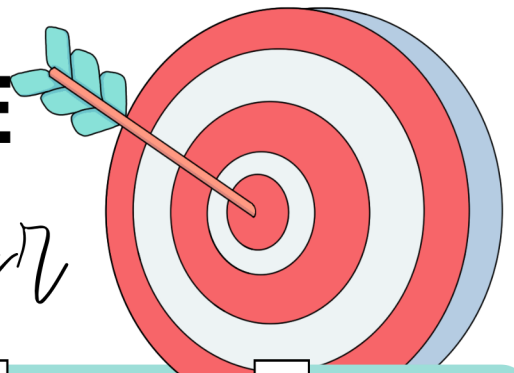


# 30-DAY SELF-CARE CHALLENGE

Tracker



- |   |  |   |  |  |
|---|--|---|--|--|
| <input type="checkbox"/><br>Set a personal goal or Intention for the month.                                     | <input type="checkbox"/><br>Practice deep breathing or mindfulness for 5 minutes.                  | <input type="checkbox"/><br>Write a list of 10 things you're grateful for.  | <input type="checkbox"/><br>Take a walk outdoors, even if it's only 10 minutes.              | <input type="checkbox"/><br>Declutter a room, workspace, or even one drawer.                       |
| <input type="checkbox"/><br>Call or text a friend to catch up or just to let them know you're thinking of them. | <input type="checkbox"/><br>Cook and eat a healthy meal.   | <input type="checkbox"/><br>Practice yoga or gentle stretching.             | <input type="checkbox"/><br>Choose a positive affirmation and repeat it throughout the day.  | <input type="checkbox"/><br>Add something relaxing to your bedtime routine.                        |
| <input type="checkbox"/><br>Journal about your thoughts and feelings.   | <input type="checkbox"/><br>Set aside time for your favorite hobby.                                | <input type="checkbox"/><br>Give yourself a compliment. Write it down.      | <input type="checkbox"/><br>Unplug from technology for an hour.                              | <input type="checkbox"/><br>Listen to your favorite music. Bonus points for dancing.               |
| <input type="checkbox"/><br>Practice box breathing while doing an everyday task.                                | <input type="checkbox"/><br>Spend time with a pet or visit a local farm or animal shelter.         | <input type="checkbox"/><br>Read a book or watch a movie that inspires you. | <input type="checkbox"/><br>Sit down and just be with your coffee or tea in the morning.     | <input type="checkbox"/><br>Take a power nap or restorative break. Can be as little as 15 minutes. |
| <input type="checkbox"/><br>Create a vision board or list of personal goals (about you).                        | <input type="checkbox"/><br>Help someone or perform a random act of kindness.                      | <input type="checkbox"/><br>Treat yourself to a small indulgence.           | <input type="checkbox"/><br>Reflect on your accomplishments and growth.                      | <input type="checkbox"/><br>Connect with nature by visiting a park, beach, river, or forest.       |
| <input type="checkbox"/><br>Write a letter to your future self.   | <input type="checkbox"/><br>Set boundaries to protect your energy and time. (Say no to something.) | <input type="checkbox"/><br>Establish a morning routine that energizes you. | <input type="checkbox"/><br>Practice self-compassion and forgive yourself for past mistakes. | <input type="checkbox"/><br>Review your progress and celebrate your achievements.                  |