

30 DAY SELF CARE CHALLENGE

1. Do something that you've been avoiding
2. Slow down and be present
3. Listen to music. Just close your eyes and listen
4. Read a good book
5. Organize your closet, donate unwanted items
6. Plan a fun weekend for you and your friends
7. Do something creative
8. Binge-watch your favorite TV shows
9. Write a thank you note to someone. Just because
10. Sleep in on the weekend (or your day off)
11. Watch your favorite movie
12. Turn your phone off for a few hours
13. Have a mini pamper session
14. Put on some music and DANCE
15. Make your favorite meal
16. Go outside, lie on your back and watch the sky
17. Create a gratitude list
18. Treat yourself to your favorite dessert
19. Buy yourself some flowers
20. Do something you've never done before
21. Get rid of 3 things you don't use
22. Have a social media free day
23. Go for a long walk
24. Take a long shower or bubble bath
25. Make a recipe that you've been eyeing
26. Plan something to look forward to
27. Cut out sugar for a day
28. Stop drinking caffeine after noon
29. Create a list of books you want to read and movies you want to see
30. Pack your lunch the night before
31. Read an article each day from a website that inspires you
32. Spend time coloring
33. Watch a TED Talk
34. Try yoga
35. Commute to work without your car
36. Drive somewhere new
37. Do absolutely nothing
38. Go to bed early
39. Write a letter to someone. Just because
40. Make your bed first thing
41. Complete a random act of kindness
42. Watch the sunrise/sunset
43. Gift someone. Just because
44. Write a bucket list of things you want to do before your next landmark birthday
45. Drink 8 glasses of water
46. Commit to a day of clean eating
47. Create a budget
48. Throw a mini party for yourself (take out food, chocolate, pajamas, movies)
49. Write down positive changes between yourself 5 years ago and who you are now
50. Spend an entire day in clean, comfy pajamas
51. Make a list of people you know you can reach out when you need to talk
52. Make a list of five achievable goals to complete before the end of the year
53. Take a day trip to somewhere you've never been
54. Visit a local museum
55. Volunteer
56. Make a list of things you are grateful for
57. Pack sandwiches, a picnic blanket and a book and go to a park
58. Go for a long run
59. Do a puzzle
60. Have dinner at a restaurant you've always wanted to try
61. Go for a walk in nature
62. Go to the movies
63. Go somewhere in the city
64. Make a list of random questions you have and then research them
65. Sleep, doze or power nap as much as you need to
66. Have a girls' night in
67. Write down a long list of things you love
68. Call someone you love
69. Start a new Bible reading plan
70. Unsubscribe from unnecessary emails
71. Send an encouraging text to 5 people
72. Wake up 30 minutes earlier to pray
73. Plan a coffee date with a friend
74. Go the entire day without complaining
75. Update/create a new worship playlist
76. Make time for a wholesome breakfast
77. Research something new in your skill-set
78. Organize your desktop into folders and delete unnecessary items
79. Compliment a stranger
80. Try a workout you've never done before
81. Make two of your meals meatless
82. No social media before 11am. Take the time to be productive!
83. Do 3 things to cut negativity out of your life. Unfollow, unfriend, delete
84. Watch a documentary
85. Declutter a room or workspace
86. Learn something new from someone
87. Make eye contact and smile at everyone you pass
88. Do something that fills you with joy
89. Learn more about a cause that's important to you and brainstorm ways that you can help
90. Listen to a new (to you) podcast
91. Journal
92. Buy yourself something you've been eyeing
93. Do something spontaneous
94. Come up with a 5 year plan
95. Drink at least 2 cups of green tea
96. Make a dessert/treat and bring it to school/work to share!
97. Take the day off from watching TV or reading the news

