self care challenge

month

- take a 10 minute walk outside
- practice deep breathing for 5 minutes
- drink a glass of water
- learn yoga for beginner
- meditate for 10 minutes
- call a friend or family member
- do a quick decluttering session
- have a healthy snack
- watch a funny video
- read a few pages of a book
- do a quick workout
- try a new recipe
- write in a journal for 5 minutes
- do a random act of kindness
- take a relaxing bath
- watch the sunset or sunrise
- do a mini DIY project
- make some word of affirmation
- dance to your favorite music
- reflect on your day before going to bed

year

- listen to your favorite song
- have a soothing cup of tea
- take a power nap
- have a healthy snack
- watch a funny video
- read a few pages of a book
- do a quick workout
- try a new recipe
- write in a journal for 5 minutes
- do a random act of kindness
- take a relaxing bath
- watch the sunset or sunrise
- do a mini DIY project
- make some word of affirmation
- dance to your favorite music
- reflect on your day before going to bed

notes

goals