

30 Days of Self Care

Day 1

take a hot bath

Day 2

call a friend

Day 3

go for a walk

Day 4

listen to music

Day 5

start a gratitude journal

Day 6

eat your favorite food

Day 7

learn something new

Day 8

no complaining allowed

Day 9

compliment yourself

Day 10

spend time with a friend

Day 11

declutter or organize something

Day 12

cook a healthy meal

Day 13

sleep at least 8 hours

Day 14

read your favorite book

Day 15

learn a new skill

Day 16

give someone a compliment

Day 17

dance like no one is watching

Day 18

drink 8 glasses of water

Day 19

sit in silence for 10 minutes

Day 20

something off your 'to do' list

Day 21

try a new hobby

Day 22

eat your favorite treat

Day 23

meditate

Day 24

do something nice for someone

Day 25

exercise for 20 minutes

Day 26

start a DIY activity

Day 27

get outside

Day 28

watch your favorite movie or show

Day 29

get rid of 5 things you never use

Day 30

splurge on yourself

