



30 DAY Self-Care Challenge

Take a shower

Light a fall candle

Decorate

Go for a walk

Make a nice cup of coffee

Refresh your wardrobe

Practice gratitude

Deep Breaths

Bake something

Watch a fall movie

Stretch

Treat yourself to a new fall mug

Do a fall face mask

Do a fall activity

Declutter

Organize

Go outside

Make a cozy dinner

Unplug for 1 hour

Create a fall playlist

Pamper your hands

Visit a farmer's market

Journal your thoughts

Cozy up with a good book

Indulge in a sweet treat

Random act of kindness

Take a bubble bath

Plan a fall themed family night

Meditate for 5 minutes

Treat yourself to a new fall accessory