



# 30 DAY Self-Care Challenge



Take a long bath

Practice deep breathing

Sleep in

Make a fancy coffee

Use aromatherapy

Meditate

Practice a hobby

Digital detox

Make a cozy meal

Have a spa day

Look through old photos

Journal your thoughts

Practice gratitude

Choose a theme for the new year

Create a playlist

Make a vision board

Write "open when" letters to yourself

Do a self-assessment

Set goals

Declutter trash

Declutter your space

Declutter your digital space

Refresh your routines

Plan your budget

Refresh your wardrobe

Set yourself up for success

Make a healthy meal

Call a friend

Get moving

Make a healthy meal

