

# 30 Day Challenge

## *Self Care*

<b>Day 1</b>	<b>Day 2</b>	<b>Day 3</b>	<b>Day 4</b>	<b>Day 5</b>	<b>Day 6</b>
Catch up with an old friend or relative	Spend at least an hour doing something creative	Make a list of everything you are grateful for	Don't use your phone today	Cook yourself a healthy meal	Go for a long walk in the park
<b>Day 7</b>	<b>Day 8</b>	<b>Day 9</b>	<b>Day 10</b>	<b>Day 11</b>	<b>Day 12</b>
Get up early and listen to the morning chorus	Research an unfamiliar topic	Practice Yoga	Have a long shower or relaxing bubble bath	Start reading a new book	Listen to your favourite album or songs
<b>Day 13</b>	<b>Day 14</b>	<b>Day 15</b>	<b>Day 16</b>	<b>Day 17</b>	<b>Day 18</b>
Do a random act of kindness	Set a mini goal	Have a laugh, watch your favourite comedy movie	Learn a new game like chess or backgammon	Make an achievable to-do list	Spend some face-time with family or friends
<b>Day 19</b>	<b>Day 20</b>	<b>Day 21</b>	<b>Day 22</b>	<b>Day 23</b>	<b>Day 24</b>
On a clear night, look at the stars	Compliment someone	Learn something new about another city or country	Have a "Me Day" pamper day	Walk for 30 minutes a day for the rest of the challenge	Plan your dream vacation
<b>Day 25</b>	<b>Day 26</b>	<b>Day 27</b>	<b>Day 28</b>	<b>Day 29</b>	<b>Day 30</b>
Get out and feel the sunshine or rain on your face	Smile at a stranger	Clean out your email in-box	Let go of guilt	Cross one item off your achievable to-do list	Write down one positive thing about your day before you go to bed