

SELF-CARE CHALLENGE

SUN	MON	TUE	WED	THU	FRI	SAT
	01 Take time to stretch out your muscles	02 Cook a new healthy meal for you and your family	03 Meditate/Pray for 5-10 minutes	04 Declutter your room or workspace	05 Write down 3 things you're grateful for	06 Clean out your email
07 Unsubscribe /Unfollow toxic accounts	08 Write an encouraging letter to yourself	9 Do one thing that you've been putting off	10 Be a Raw Vegetarian for a day	11 Write out some short-term goals	12 Drink half your body weigh in ounce of water	13 Have a Social Media FREE DAY
14 Take an extra long walk	15 Look in the mirror & Say what you love about your body	16 Say NO to junk food all day	17 Start the morning with 25 jumping jacks	18 Tell a friend how much you appreciate them	19 Watch the sunset	20 Wear your favorite piece of clothing
21 Journal about the best part of your day	22 Learn something new	23 Put on a face mask and rest for 20-30 minutes	24 Get up 20 mins. Earlier than your regular time	25 Put a favorite quote somewhere you can read it every day	26 Take a power nap	27 Make healthy DIY snacks
28 Sweat it out! Get 30 minutes of exercise	29 Go one day without wearing makeup	30 Watch your favorite guilty pleasure movie	31 Go to lunch with a friend and LAUGH HARD!			

3 John 2 (KJV)

²Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.