



believe you
CAN,
and you
WILL

Motivation

Self-care + PLanning



30 Day Self-Care Challenge

<i>Day 1</i>	<i>Day 2</i>	<i>Day 3</i>	<i>Day 4</i>	<i>Day 5</i>
<i>Start a gratitude journal</i>	<i>Learn to meditate</i>	<i>Spend the day social media free</i>	<i>Call someone you love</i>	<i>Take a 15 minute walk outdoors</i>
<i>Day 6</i>	<i>Day 7</i>	<i>Day 8</i>	<i>Day 9</i>	<i>Day 10</i>
<i>Listen to a podcast</i>	<i>Learn to cook a new recipe</i>	<i>Stretch for 10-15 minutes</i>	<i>Listen to your favorite song</i>	<i>Practice deep breathing</i>
<i>Day 11</i>	<i>Day 12</i>	<i>Day 13</i>	<i>Day 14</i>	<i>Day 15</i>
<i>Try a free online workout</i>	<i>Read a book for 15 minutes</i>	<i>Write a list of short-term goals</i>	<i>De-clutter a room or desk</i>	<i>Go to bed 30 minutes earlier</i>
<i>Day 16</i>	<i>Day 17</i>	<i>Day 18</i>	<i>Day 19</i>	<i>Day 20</i>
<i>Have a game night</i>	<i>Wake up 15 minutes earlier</i>	<i>Make your favorite meal</i>	<i>Buy yourself something nice</i>	<i>Create a bucket list</i>
<i>Day 21</i>	<i>Day 22</i>	<i>Day 23</i>	<i>Day 24</i>	<i>Day 25</i>
<i>Watch a movie or series</i>	<i>Write down your thoughts</i>	<i>Take a long shower or bath</i>	<i>Have a home spa day</i>	<i>Read inspirational quotes</i>
<i>Day 26</i>	<i>Day 27</i>	<i>Day 28</i>	<i>Day 29</i>	<i>Day 30</i>
<i>Create a vision board</i>	<i>Spend some time outside</i>	<i>Do a hair mask</i>	<i>Write it all down in a journal</i>	<i>Take a power nap</i>

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