

30 day Self Care Wellness Challenge

GO FOR A WALK	SLEPT IN	HAD COFFEE WITH FRIENDS	UNFOLLOW NEGATIVE SOCIAL MEDIA ACCOUNTS	MEDITATED
TOOK A YOGA CLASS	TRIED A NEW RESTAURANT	CANCELLED PLANS/MADE PLANS	GOT A MASSAGE	TOOK A BATH
TOOK A MENTAL HEALTH DAY	DRANK WATER	STARTED A NEW BOOK	WENT TO BED EARLY	CLEANED OUT YOUR CLOSET
COMPLIMENTED SOMEONE	GOT 8 HOURS OF SLEEP	WATCHED YOUR FAVORITE MOVIE	TOOK A NAP	TRIED A NEW WORKOUT CLASS
TOOK A MENTAL HEALTH DAY	WROTE DOWN YOUR GOALS	LISTEN TO A NEW PODCAST	STARTED A GRATITUDE JOURNAL	PUT YOUR PHONE ON SILENT
SAID NO	SET A NEW BOUNDARY	BUY YOURSELF FLOWERS	WATCH A SUNRISE	SCHEDULE A DATE NIGHT

