

28 Day Self-Care Challenge

go
for a
walk

light a
candle at
dinner

buy
yourself
flowers

meditate
for
10 mins

take
a
nap

write 5
things you
like about
yourself

pamper
your
skin

share an
emotion that
triggers you

start your
day
outside

stretch
for
10 mins

watch your
favorite
movie

write and
affirmation
on the mirror

get
some
sunshine

listen to
an inspiring
podcast

have a
solo dance
party

list 5 top
accomplish-
ments

put your feet
in the grass
or dirt

do a
random act
of kindness

go to bed
30 minutes
early

write a love
letter to
yourself

take a bath
or soak
your feet

call a friend
and
catch up

start
reading a
new book

enjoy a
sweet treat
mindfully

practice
the 4-7-8
breath

get into
your
PJ's early

donate 5
items to
charity

color,
doodle or
paint