self care challenge

month

year

take a 10 minute walk outside	practice deep breathing for 5 minutes	drink a glass of water	learn yoga for beginner	listen to your favorite song
stretch for 5 minutes	have a healthy snack	meditate for 10 minutes	call a friend or family member	take a power nap
do a quick decluttering session	watch a funny video	read a few pages of a book	do a quick workout	have a soothing cup of tea
try a new recipe	write in a journal for 5 minutes	do a random act of kindness	take a relaxing bath	unplug from technology for an hour
watch the sunset or sunrise	do a mini DIY project	make some words of affirmation	dance to your favorite music	reflect on your day before going to bed

notes

goals