

self care challenge

month

year

take a 10
minute walk
outside

practice deep
breathing for
5 minutes

drink a glass
of water

Do something
creative

listen to your
favorite song

stretch for
5 minutes

have a
healthy snack

meditate for
10 minutes

check in with
friend
or family

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

word of
affirmation

dance to
your favorite
music

reflect on your
day before
going to bed

notes

goals