

Your 30 Day 'Self-Care' Challenge

Purpose:

This challenge helps you form Self-Care habits which help you truly love yourself from the inside out.

Outcome:

You finish the 30 days with the new habit of taking time out every day, to take care of yourself and it becomes a part of your day to day life.

Details: Showing love, compassion and kindness to yourself all start with your habits. To love yourself you need to take action towards loving yourself every day.

Instructions:

1. There are **37 Self-Care Challenge** ideas below.
2. Pick **one challenge** every day. You can pick the same one as many times as you like.
3. Tick off the days on your **Healthy Habits Calendar**.
4. Remember, whatever the idea, the challenge is to do it **EVERY DAY** for the next 30 days.

37 Self-Care Challenge ideas

1. Declutter one room.
2. Re-organise your wardrobe. Throw out everything you haven't worn in 6 months.
3. Create a capsule wardrobe.
4. Throw out old shoes or anything you don't wear.
5. Declutter a press or drawer.
6. Create your own affirmations.
7. Go for a hike by yourself.

8. Try a new healthy recipe.
9. Write down 5 things you love about your body and say them out loud every time you look in the mirror.
10. Do a social media detox for the day.
11. Plan a meet up with a friend.
12. Create a boundary with someone who you need to for your own self.
13. Buy yourself flowers or a plant.
14. Declutter your office space.
15. Create a lovely reading space for yourself. (Candle, throw, comfy chair).
16. Treat yourself to a manicure.
17. Read a good book at a time you don't usually.
18. Spend a half hour journaling about what you want out of life.
19. Create a Vision board.
20. Meditate for 10 minutes.
21. Take a cold shower.
22. Go to bed at 9:30pm with a good book.
23. Take a 30 minute walk by yourself.
24. Do a stretching session.
25. Have a cold shower.
26. Create a Weekly planner.
27. Create a morning routine.
28. Have a no complaining day.
29. Have no devices in your bedroom in the evening.
30. Have a no news day.
31. Listen to a personal development audiobook.
32. Watch something funny.
33. Perform one act of kindness.
34. Clean out all the drawers in your kitchen.
35. Try a new healthy snack recipe.

36. Go for a sea swim.

37. Have a bath.