

30 DAY self-care challenge

1

make a
gratitude
list



2

start a
journal



3

take a
walk outside

4

take a social
media break

5

treat
yourself



6

catch up
with a friend
or family
member



7

do something
nice for
someone else

8

watch
a funny
movie

9

do a deep
breathing
exercise

10

plan
something
to look
forward to

11

declutter
social media
followings

12

sleep an
hour earlier
than usual



13

do some
meditation

14

drink
enough
water

15

make
something
creative

16

tell a joke
to three
different
people

17

compliment
three
different
people

18

snap a photo
of something
that makes
you smile



19

listen
to your
favourite
music



20

list six
things you
like about
yourself

21

wear
something
that makes
you feel good



22

try
something
new

23

post a
picture of
yourself on
social media



24

buy yourself
flowers

25

thank someone
who helped or
supported you

26

clean
something!

27

hangout
with your
friends

28

tell someone
how much
they mean
to you

29

try yoga

30

go on a
date with
yourself

