



SELF-CARE

A THIRTY-DAY CHALLENGE

Planner

HOW TO SUCCESSFULLY ENGAGE WITH THE 30-DAY SELF-CARE CHALLENGE

To successfully engage with the "30 Day Self Care Challenge," follow these simple steps:

1.Choose One Activity Daily:

1. Begin each day by reviewing the planner and selecting one self-care activity that resonates with you for that day.
2. Consider varying the types of activities to include a mix of physical, emotional, social, and spiritual self-care, according to where you see the need.

2.Record the Activity:

1. Once you've chosen your daily activity, record it in a dedicated section of your workbook journal. This could be a simple note of the activity itself or a plan for when and how you'll complete it.
2. If the activity is time-specific or requires preparation, set reminders or make the necessary arrangements ahead of time.

3.Engage in the Activity:

1. Dedicate time to fully engage in the chosen self-care activity. Embrace the experience, whether it's a quiet moment of reflection, a physical exercise, or a creative pursuit.

4.Reflect and Write:

1. After completing the activity, spend some time reflecting on the experience. How did it make you feel? Did you encounter any challenges or learn anything new about yourself?
2. Record these reflections in your workbook journal. This can include your emotional responses, any insights gained, and how you might apply this learning to your daily life.

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5. Review Your Progress:

1. At the end of each week, take some time to review your journal entries. Reflect on how these activities have impacted your well-being and any changes you've noticed in yourself.
2. Use these insights to guide your choices in the coming weeks, continuing to explore activities that provide the most significant benefit to your well-being.

Remember, this challenge is about personal growth and enjoyment. It's perfectly fine to adapt activities to better suit your needs or to repeat those you found particularly beneficial. The key is consistency and mindfulness in your self-care journey.

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NOTES

MON	TUE	WED	THU	FRI	SAT	SUN
Module One	Intro	Discussion	Module Two	Physical		
Module Three	Emotional	Discussion	Module Four	Social		
Module Five	Spiritual	Discussion	Module Six	Personal		
Module Seven	Professional	Discussion	Module Eight	Integrate		

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TRACKING HABITS

NOTES

MON

TUE

WED

THU

FRI

SAT

SUN

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CHOOSE

1. **Morning Meditation** - Start the day with a clear mind.
2. **Guided Imagery** - Visualize a place that brings you peace.
3. **Journaling** - Reflect on your thoughts and feelings.
4. **Gratitude List** - Write down things you're thankful for.
5. **Yoga** - Stretch and strengthen your body.
6. **Nature Walk** - Reconnect with the outdoors.
7. **Bubble Bath** - Soak and relax.
8. **Deep Breathing Exercises** - Focus on your breath.
9. **Reading for Pleasure** - Get lost in a good book.
10. **Healthy Cooking** - Prepare a nutritious meal.
11. **Creative Writing** - Pen a poem or a short story.
12. **Listening to Music** - Let music soothe you.
13. **Dance** - Move your body to your favorite tunes.
14. **Painting or Drawing** - Express yourself through art.
15. **Gardening** - Nurture a plant or start a herb garden.
16. **DIY Spa Day** - Have a self-care spa at home.
17. **Learning a New Skill** - Stimulate your mind.
18. **Watching the Sunrise or Sunset** - Enjoy the beauty of nature.
19. **Decluttering** - Organize your space.
20. **Aromatherapy** - Use essential oils for relaxation.
21. **Bird Watching** - Find tranquility in nature's simplicity.
22. **Volunteering** - Give back to feel good.
23. **Star Gazing** - Marvel at the night sky.
24. **Affirmations** - Boost your self-esteem with positive talk.
25. **Knitting or Crocheting** - Create something warm.

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CHOOSE

1. **Puzzles or Brain Teasers** - Keep your mind sharp.
2. **Tea Ritual** - Savor a cup of tea mindfully.
3. **Photography** - Capture moments that bring you joy.
4. **Listen to Podcasts** - Learn or get entertained.
5. **Watch a Documentary** - Educate yourself on a new topic.
6. **Picnic** - Enjoy a meal in the great outdoors.
7. **Playing an Instrument** - Make music for fun.
8. **Play a Board Game or Card Game** - Play for light-hearted competition.
9. **Biking** - Go for a ride in a scenic area.
10. **Museum Visits** - Appreciate art and history.
11. **Take a hike** - Challenge your body and enjoy nature.
12. **Go for a Swim** - Relax or exercise in the water.
13. **Pottery Making** - Get your hands dirty creating pottery.
14. **Volunteer at an Animal Shelter** - Spend time with animals.
15. **Rock Climbing** - Build strength and confidence.
16. **Kayaking or Canoeing** - Paddle in the serenity of water.
17. **Beach Day** - Bask in the sun and sand.
18. **Exploring a New City or Town** - Have an adventure locally.
19. **Home DIY Projects** - Improve your living space.
20. **Stargazing** - Contemplate the vastness of the universe.
21. **Bird Watching** - Discover the joy of ornithology.
22. **Herbal Tea Tasting** - Explore the flavors of different teas.
23. **Candle Making** - Create your own scented candles.
24. **Attend a Workshop or Class** - Expand your knowledge.
25. **Plan a Dream Vacation** - Even if it's for the future, it's fun to plan.

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1. **Calligraphy or Hand-lettering** - Practice the art of beautiful writing.
2. **Making a Vision Board** - Visualize your goals and dreams.
3. **Origami** - Find focus in the folds of paper art.
4. **Scrapbooking** - Preserve your memories creatively.
5. **Fostering Pets** - Give temporary home to animals in need.
6. **Horseback Riding** - Connect with animals and nature.
7. **Aquarium Visit** - Observe the peaceful underwater world.
8. **Mini Road Trip** - Explore new or favorite spots nearby.
9. **Building Model Kits** - Assemble and paint model kits.
10. **Singing** - Lift your spirits through song.
11. **Woodworking** - Craft something with your hands.
12. **Metalworking** - Try jewelry-making or other metal crafts.
13. **Watching Stand-up Comedy** - Laugh with your favorite comedian.
14. **Birdhouse Building** - Create a sanctuary for birds.
15. **Taking a Nap** - Recharge with a short rest.
16. **Visit a Botanical Garden** - Enjoy the diversity of plant life.
17. **Bake from Scratch** - Try baking bread or pastries.
18. **Join a Book Club** - Discuss books with others.
19. **Learn a New Language** - Open up a world of communication.
20. **Digital Detox** - Unplug from electronics for a day.
21. **Visit an Art Gallery** - Get inspired by contemporary art.
22. **Take a Cooking Class** - Improve your culinary skills.
23. **Practice Martial Arts** - Find discipline and physical strength.
24. **Go to a Farmer's Market** - Shop for fresh, local produce.
25. **Write Letters** - Send handwritten notes to friends.

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1. **Attend a Live Theater Show** - Feel the magic of the stage.
2. **Go to a Drive-in Movie** - Enjoy a movie under the stars.
3. **Karaoke Night** - Sing your heart out, just for fun.
4. **Assemble a First Aid Kit** - Be prepared, feel secure.
5. **Plan Your Week** - Organize your tasks and goals.
6. **Visit a Historical Site** - Connect with the past.
7. **Host a Potluck Dinner** - Share a meal with friends.
8. **Go on a Photo Walk** - Capture what you find interesting.
9. **Do a Puzzle** - Complete a jigsaw puzzle.
10. **Watch a Documentary Series** - Get engrossed in a real story.
11. **Sudoku or Crosswords** - Exercise your brain.
12. **Join a Sports League** - Play for fun and fitness.
13. **Go Ice Skating** - Glide for grace and balance.
14. **Organize a Charity Event** - Self-care can be caring for others.
15. **Host a Game Night** - Enjoy social fun and games.
16. **Attend a Poetry Slam** - Enjoy the expressive power of words.
17. **Labyrinth Walking** - A meditative walk for reflection.
18. **Potluck Movie Night** - Share your favorite films with friends
19. **Geocaching** - A real-world, outdoor treasure hunting game.
20. **Create a Personalized Playlist** - Compile music that uplifts and energizes you.
21. **Take a Hot Air Balloon Ride** - Experience breathtaking views.
22. **Visit an Escape Room** - Challenge your problem-solving skills.
23. **Practice Ikebana** - Japanese flower arrangement for serenity
24. **Join a Community Garden** - Cultivate plants and community
25. **Plan a Themed Dinner Party** - Host a fun and engaging meal with friends.

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Assess your level of contentment for each area on
the self-care wheel

