31 day
SELF-CARE CHALLENGE

- [ ] Gratitude list
- [ ] Practice an old hobby
- [ ] Make a playlist
- [ ] Favorite dinner
- [ ] Take a walk outside
- [ ] Hour without technology
- [ ] List of future plans
- [ ] Binge your fave TV show
- [ ] Try a new recipe
- [ ] Dress up
- [ ] Day w/o social media
- [ ] Listen to a podcast
- [ ] Brain dump
- [ ] Learn new skill
- [ ] Digital cleanse
- [ ] Message 3 friends
- [ ] Clean for 20 mins
- [ ] Workout
- [ ] Mail a letter
- [ ] Favorite movie
- [ ] Deep clean
- [ ] Favorite dessert
- [ ] Clean junk drawer
- [ ] Look at old pictures
- [ ] Stop procrastinating
- [ ] Plan a vacation
- [ ] Try yoga
- [ ] Read childhood book
- [ ] Vision board
- [ ] Spa night
- [ ] Choose your favorite challenges & do them again!