

30 Day Self-Care Challenge

Caring for your body and mind should be part of your daily routine!

Committing to a 30-day challenge can help you:

- Start making a change.
- Reinforce daily repetition necessary to implement change consistently.
 - Achieve small successes to help motivate you to keep going.

Start your challenge to practice good self-care habits.

Cross off challenges as you complete them. Fill in blank spaces with your own choices. Can be used again and again.

Get creative, Make art!	Donate something old or unused		Play your favorite song out loud	Have a family movie night	
Call a family member to say hello		Drink only water for a day			Finish an overdue task
Organize and declutter one space	Take a walk with your family		Start your day with 25 squats	Get 8 Hours of Sleep	Complete an act of Kindness
Sit in silence for 5 minutes	Write 3 affirmations to say daily	Eat your favorite childhood snack	Share your self-care challenge with a friend.	Relieve Stress 	Stretch for 5 - 10 minutes
Plan dinner for the week		Have a 5 min dance party	Plan to wake up early one day		

If you'd like to submit any of your entries, please send them to NURTURING.AMENITIES@GMAIL.COM.

We would love to share your journey and stories on our social media!