

30 DAY

SELF-CARE CHALLENGE

For More Info Visit: [Taylor.Silverduk.us](https://www.Taylor.Silverduk.us)

- 1 BE MINDFUL
- 2 MOVE YOUR BODY
- 3 DO WHAT YOU WANT
- 4 COOK YOURSELF A MEAL
- 5 JUST SAY NO
- 6 PRACTICE BREATHING
- 7 BE UNCOMFORTABLE
- 8 CHECK-IN WITH YOURSELF
- 9 GIVE YOURSELF GRACE
- 10 TAKE A BATH
- 11 GIVE OTHERS GRACE
- 12 GET ENOUGH SLEEP
- 13 TRY TO MEDITATE
- 14 MEAL-PREP FOR THE WEEK
- 15 FORGIVE YOURSELF
- 16 STRETCH YOUR BODY
- 17 FORGIVE OTHERS
- 18 CHOOSE HEALTH
- 19 BE SELFISH
- 20 LET GO OF GUILT
- 21 HONOR YOUR BODY
- 22 TREAT YOURSELF
- 23 SPREAD THE LOVE
- 24 DRINK ENOUGH WATER
- 25 JOURNAL / WRITE
- 26 LAUGH
- 27 HONOR YOUR HEALTH
- 28 SOAK YOUR FEET
- 29 PRIORITIZE YOU
- 30 GO FOR A WALK