

30 DAYS OF SELF CARE



- Take a bubble bath
- Coffeehouse break
- Take a long walk
- Dance
- Spa Day
- Buy yourself flowers
- Unplug
- Fix something
- Small diet change
- Edit your social media
- Write in a journal
- Date night
- Declutter
- Practice yoga
- Get a haircut
- Make an investment
- Read a book or magazine
- Take a mental health day
- Color
- Go to the bookstore
- Bake a dessert
- Write a letter
- Order in dinner
- Enjoy a homemade face mask
- Listen to a new podcast
- Learn something new
- Sing
- Catch up on your favorite blog
- Take a nap
- Try something new