SELF-CARE CHALLENGE

Make self-care goals for the month	Choose an affirmation or mantra for the day	Schedule at least a 30 minute break	Focus on your self-soothing skills	Move your body in a way that feels good	Have a long chat with a good friend
Get inspired by words, art, or music	Stop putting "it" off, do the thing	Have a mental health day	Relax the muscles before bed	Get artsy and creative	Focus on being present & mindful
Do at least one kind thing for yourself	Read, play a game, or challenge your mind	Meet all of your needs today	Make a to-do list & add nice things to it	Set an important boundary	Connect with what you really want
Focus on making time to rest	Make today as stress-free as possible	Pamper yourself in a physical way	Get a good night's sleep or take a nap	Start a healthy habit	Do a random act of kindness
Let go of something you no longer need	Fill your day with all your favorite	Have a pajama/extra-time in-bed-day	Celebrate one thing you did this month		