

Self-Care Challenge

| SUN | MON | TUE | WED | THU | FRI | SAT |
|--|---|--|---------------------------------|-------------------------------------|------------------------------|---------------------------------|
| TAKE A 10 MINUTE WALK | STRETCH | TRY A NEW VEGETABLE OR FRUIT | AEROBIC EXERCISE FOR 30 MINUTES | DRINK WATER | EAT NUTRITIOUS FOOD | RUN/WALK REPEATS FOR 20 MINUTES |
| MEAL PREP | GO ON A SHORT WALK DURING THE WORK DAY | ASK FOR HELP | COMPLETE A WORKOUT VIDEO | GO TO SLEEP EARLY | YOGA | TRY A NEW PHYSICAL ACTIVITY |
| ORGANIZE A CLUTTERED PART OF THE HOUSE | SET AN INTENTION FOR THE DAY | WATCH A FUNNY VIDEO | EAT LUNCH AWAY FROM MY DESK | SPEND TIME IN NATURE | FIND A WAY TO BE GENEROUS | REVIEW OR SET A BUDGET |
| TAKE A SOCIAL MEDIA BREAK | BURN A NEW CANDLE OR DIFFUSE OIL | READ AN ARTICLE ABOUT SOMETHING I AM INTERESTED IN | TRY A GUIDED MEDITATION | LISTEN TO A PODCAST ABOUT ANY TOPIC | THINK ABOUT HOW I AM FEELING | CELEBRATE A RITUAL |
| CALL OR TALK TO A FRIEND | LISTEN TO A FAVORITE SONG | READ FOR 20 MINUTES BEFORE BED | RESPOND TO A JOURNAL PROMPT | TAKE A MINDFUL SHOWER | PLAY WITH AN ANIMAL | CLEAN OUT THE CAR |
| PLAY A GAME | LOOK AT PICTURES OF INTERESTING PLACES AROUND THE WORLD | TAKE A 30 MINUTE WALK | BUY A NEW PLANT | REFLECT ON MY TOP 5 STRENGTHS | SCHEDULE A HEALTH CHECK UP | REFLECT ON SELF-CARE PRACTICES |



Self-Care Challenge

MARK THE ACTIVITIES AS YOU DO THEM!

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|---------------------------|---|--|-------------------------------------|--|---------------------------------|----------------------------------|
| TAKE A 10 MINUTE WALK | YOGA | TRY A NEW VEGETABLE OR FRUIT | AEROBIC EXERCISE FOR 30 MINUTES | DRINK WATER | EAT NUTRITIOUS FOOD | TRY A NEW PHYSICAL ACTIVITY |
| GO TO SLEEP EARLY | GO ON A SHORT WALK DURING THE WORK DAY | COMPLETE A WORKOUT VIDEO | STRETCH | RUN/WALK REPEATS FOR 20 MINUTES | ASK FOR HELP | BURN A NEW CANDLE OR DIFFUSE OIL |
| LISTEN TO A FAVORITE SONG | THINK ABOUT HOW I AM FEELING | RESPOND TO A JOURNAL PROMPT | TAKE A MINDFUL SHOWER | PLAY WITH AN ANIMAL | WATCH A FUNNY VIDEO | CALL OR TALK TO A FRIEND |
| TAKE A SOCIAL MEDIA BREAK | TRY A GUIDED MEDITATION | READ FOR 20 MINUTES BEFORE BED | LISTEN TO A PODCAST ABOUT ANY TOPIC | SPEND TIME IN NATURE | START A PUZZLE OR COLORING PAGE | BUY A NEW PLANT |
| PLAY A GAME | LOOK AT PICTURES OF INTERESTING PLACES AROUND THE WORLD | MEAL PREP | SET AN INTENTION FOR THE DAY | READ AN ARTICLE ABOUT SOMETHING I AM INTERESTED IN | EAT LUNCH AWAY FROM MY DESK | SCHEDULE A HEALTH CHECK UP |
| FIND A WAY TO BE GENEROUS | CLEAN OUT THE CAR | ORGANIZE A CLUTTERED PART OF THE HOUSE | REVIEW OR SET A BUDGET | REFLECT ON SELF-CARE PRACTICES | REFLECT ON MY TOP 5 STRENGTHS | CELEBRATE A RITUAL |

SELF-CARE DOMAINS

PHYSICAL

EMOTIONAL

SOCIAL

MENTAL

PRACTICAL

SPIRITUAL