



28 Days of self care

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|--|---------------------------------------|---|--|--|
| 9 Take 5 minutes to yourself | 10 Try something new | 11 Clean out old emails | 12 Drink water all day long | 13 Get up early enough to watch the sunrise | 14 Get rid of something you never use | 15 Take a nap |
| 16 When you wake up do some stretches. | 17 Create a gratitude list | 18 Do a social media cleanse & delete toxic people. | 19 Try a new food | 20 Send a love letter to yourself | 21 Dance like no one is watching | 22 Go an entire day without complaining |
| 23 Take a walk outside in nature | 24 Buy something for yourself you've always wanted | 25 Sing a song that makes you smile | 26 Sit in silence for five minutes | 27 Don't eat any processed foods for the day | 28 Practice listening to others | 29 Go some place you've never been |
| 30 Surprise a friend | 1 Go one day without social media | 2 Buy yourself some flowers | 3 Make yourself your favorite food | 4 Walk barefoot outside | 5 Have a bubble bath | 6 Read something inspirational |

notes