



30 Day Self-Care Journey

1

Write down 10 good things about today.

2

Make your own affirmation.

3

Make your favorite meal.

4

Listen to music and dance.

5

Make yourself brunch.

6

Write a letter to your future self.

7

Take a long shower or bath.

8

Clean out a drawer or closet.

9

Watch a movie or series.

10

Have a game night.

11

Create a play list.

12

Sleep in.

13

Buy yourself something nice.

14

Write down 15 things you're grateful for.

15

Doodle or color something.

16

Find a DIY project to do.

17

Have a home spa day.

18

Do a social media purge.

19

Read a book or magazine.

20

Try a new recipe.

21

Make a mood board.

22

Take 15 minutes to meditate.

23

Pull out your favorite outfit and dress up.

24

Create a bucket list.

25

Write down your thoughts.

26

Give yourself 3 compliments.

27

Listen to a podcast.

28

Take a social media break.

29

Take a nap.

30

Read inspirational quotes