

30 Days of Self Care - November 2019

<u>Day of week</u>	<u>Day</u>	<u>Self-Care Suggestion</u>	<u>Done?</u>
Friday	1	Make time today to do absolutely nothing	
Saturday	2	Write down 5 negative thoughts, cross them out, and refute them	
Sunday	3	Walk at least 8,000 steps	
Monday	4	Spend time coloring	
Tuesday	5	Turn off all electronics after 7pm	
Wednesday	6	Watch sunset or sunrise	
Thursday	7	Do at least 25 jumping jacks	
Friday	8	Do a craft/create art/spend time on a hobby	
Saturday	9	Write an encouraging letter to yourself	
Sunday	10	Spend 15 minutes listening to your favorite music	
Monday	11	Write down something you did today that made you feel proud	
Tuesday	12	Set a bedtime and stick to it	
Wednesday	13	Try a guided imagery relaxation session	
Thursday	14	Eat an extra fruit or vegetable today	
Friday	15	Make plans to spend time with a friend.	
Saturday	16	Do something spontaneous or out of the ordinary	
Sunday	17	Watch a TED Talk	
Monday	18	Buy yourself flowers or a special treat	
Tuesday	19	Solo Dance Party	
Wednesday	20	Spend 15 minutes stretching	
Thursday	21	Morning affirmations	
Friday	22	Clean or organize one area of your home you've been avoiding	
Saturday	23	Spend at least 15 minutes in nature today	
Sunday	24	Look in the mirror and say out loud what you love about your body	
Monday	25	Take a walk without your phone	
Tuesday	26	Take a photo of something that makes you happy	
Wednesday	27	Spend 5 to 10 minutes doing deep breathing at least twice today	
Thursday	28	Write down 3 things you're grateful for	
Friday	29	Text a friend and let them know why they matter to you	
Saturday	30	Say no to an inconvenient request/prioritize a personal need	