30 *Day*
Self-Care Wellness
CHALLENGE

Get creative with how you live!

clean my personal space	do a face mask	start reading a book	get your daily water intake (fyi everyday!)	listen to a podcast	take things slow
spend quality time with a loved one	Do some mindful colouring or drawing	Write 3 things you are grateful for	up your veggie intake	ground your feet in the earth	do some simple yoga stretches
say some self-love affirmations in the morning and at night	compliment a stranger	a peaceful walk in nature	sing in the shower	go to the cinemas alone	give something to charity
up your fruit for today	do a fun workout (try something new)	dance to a song you love - get yourself moving	journal	make a healthy smoothie for breakfast	go for a walk or run
watch a netflix show	create a vision board	bake something yummy	smile at a stranger	meditate	cook dinner for a friend