

SELF-CARE CHALLENGE 2020

This February, it's time to focus on YOU. Make self-care a priority with this easy-to-do Self-Care Challenge Calendar we put together just for you!

S	M	T	W	T	F	S
						1 Read your favorite book.
2 Treat yourself with flowers.	3 Write down 3 things you're grateful for.	4 Drink two 32oz bottles of water.	5 Listen to calming music 15 minutes before bed.	6 Fix yourself a green smoothie.	7 Go meatless.	8 Watch the sunset or sunrise.
9 Attend a yoga class.	10 Take a power nap.	11 Take 10 deep breaths in between clients.	12 Write down something you accomplished today.	13 Listen to a guided relaxation.	14 Avoid watching television.	15 Visit a new coffeeshop/ store/area of your town.
16 Unplug after 7PM.	17 Set a bedtime and stick to it.	18 Compliment yourself.	19 Compliment someone else.	20 Tell a friend or relative you love them.	21 Read something inspirational.	22 Do something spontaneous.
23 Avoid drinking coffee.	24 Write in your journal for 15 minutes.	25 Sit in nature.	26 Take a 15-minute walk.	27 Clean out your email inbox.	28 Smile at a stranger.	29 Reward yourself. You've completed the challenge!

