

30 Day Guided Self-Care Challenge

Embrace a month of self-care with this simple yet impactful challenge. Each day, dedicate a moment to your mental health and well-being. Tick off each activity as you go and feel the positive shift in your daily life.

1. **Gratitude:** List 3 things you're thankful for.
2. **Nature Time:** Spend 15 minutes outside.
3. **Digital Detox:** One hour off screens.
4. **Be Creative:** Draw, write, or craft.
5. **Mindfulness:** 10 minutes of meditation.
6. **Kindness:** Do something kind for someone.
7. **Goal Setting:** Set a goal for the week.
8. **Healthy Eating:** Try a new healthy food.
9. **Relaxation:** Establish a calming routine.
10. **Declutter:** Organize a small space.
11. **Self-Love:** Note 5 things you love about yourself.
12. **Read:** Enjoy a book for 30 minutes.
13. **Connect:** Reach out to someone you care about.
14. **Reflection:** Midway, reflect on your journey.
15. **Water Therapy:** Enjoy a bath or extended shower.
16. **Sunrise/Sunset:** Watch the sunrise or sunset.
17. **Memory Lane:** Journal about a happy memory.
18. **Breathe:** Practice deep breathing for relaxation.
19. **Move:** Engage in a physical activity you enjoy.
20. **Adventure:** Plan something exciting.
21. **Music:** Listen and dance to your favorite song.
22. **Hobby Time:** Dedicate time to a hobby.
23. **Sleep Well:** Go to bed 30 minutes early.
24. **Self-Compliment:** Praise yourself.
25. **Stretch:** Do yoga or simple stretches.
26. **Future Self:** Write a note to your future self.
27. **Dream and Plan:** Make a mini vision board.
28. **Reflect:** Note the challenge's impact on you.
29. **Self-Care Day:** Indulge in your favorite activities.
30. **Celebrate:** Acknowledge your dedication to self-care.

Notes: _____

 ALFREY
& PRUITT

COUNSELING SERVICES

www.alfreyandpruittcounseling.com