

30 Days of Self-Care Activities

Day 1: Drink a glass of water first thing every morning.	Day 2: Unplug from social media for the day.	Day 3: Get crafty.	Day 4: Make a list of goals you would like to achieve this year.	Day 5: Plant something.	Day 6: Try a 15 minute guided meditation from YouTube.
Day 7: Get out in nature.	Day 8: Go for a 10 minute walk around the block.	Day 9: Read a book you haven't read yet.	Day 10: Re-watch your favourite movie.	Day 11: Write down everything you're grateful for.	Day 12: Enjoy a cup of something warm and simple.
Day 13: Take a nap.	Day 14: Create a bucket list.	Day 15: Bake something.	Day 16: Research a subject that has always interested you.	Day 17: Unplug from the TV and listen to music today instead.	Day 18: Light a candle and take a bath.
Day 19: Clean your social media from people who don't bring you joy.	Day 20: Pamper yourself.	Day 21: Unplug for dinner and have real conversations with your family.	Day 22: Get to bed early tonight.	Day 23: Write down 1 positive thing you did today before bed.	Day 24: Wear something that you love.
Day 25: Learn a new skill.	Day 26: Call a friend or relative and check in with them.	Day 27: Spend 10 minutes in the sun thinking of all the positives in your life.	Day 28: Try some deep breathing from YouTube.	Day 29: Have something special for breakfast.	Day 30: Spend time colouring.