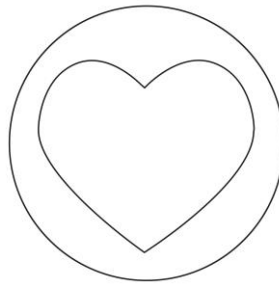


30-Day Self-Care Challenge



Take
a Small
Step
Everyday

Task Card Days 1-14

Body	Mind	Spirit	Other	Body	Mind	Spirit
Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Start your day with a glass of lemon water. Then have 2 more.	Read 15 minutes before bed. Non-fiction, fiction, self-help, etc.	Write down 3 things that you love about yourself.	Spend 10 minutes organizing your workspace.	Get up 15 minutes earlier to enjoy a slow morning.	Do a jigsaw puzzle, play a board or card game.	Acknowledge and celebrate a small win today.
Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Do 25 jumping jacks or walk/jog in place for 45 seconds.	Complete a crossword or sudoku puzzle. OR unplug for one hour.	Repeat a positive affirmation at least 3 times today.	Make a donation. Give clothing, money, or your time.	Add some greens to your day.	Write down 3 things that you are grateful for. Share with a co-worker.	Compliment a stranger today.

“The most powerful relationship you will ever have is the relationship with yourself.”

Steve Maraboli

Scorecards Days 1-14

30-Day Self-Care Challenge



Name: _____

Team Name (if applicable):

*take
a Small
Step
Everyday*

Number of Points Week 1	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Bonus	Total

Add 1 point to each day that you complete the task.

*Reminder: Add your bonus points!

- 1) Did you complete **all** tasks? Add 3 bonus points to your week.
- 2) Did you complete a worksheet? Add 3 bonus points to your week.



30-Day Self-Care Challenge



Name: _____

Team Name (if applicable):

*take
a Small
Step
Everyday*

Number of Points Week 2	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14	Bonus	Total

Add 1 point to each day that you complete the task.

*Reminder: Add your bonus points!

- 1) Did you complete **all** tasks? Add 3 bonus points to your week.
- 2) Did you complete a worksheet? Add 3 bonus points to your week.

