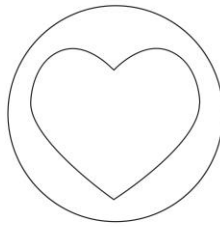


30-Day Self-Care Challenge



take
a small
step
Everyday

Body	Mind	Spirit	Other	Body	Mind	Spirit
Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
Take a 15-minute outdoor walk during your lunch. Rain or shine!	Go to your local library and sign out a book. Or read a newspaper!	Plan a road trip with a friend or family member.	Start a savings jar. Add cash or change. Every penny counts!	Drink 8 glasses of water today.	Do a 10-minute meditation. Or just enjoy the quiet.	Bake or cook something for a neighbour or someone in need.
Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
Eat a piece of fruit and a green vegetable for your snacks today.	Learn a new word. Use it 3 times today.	Send a note to a co-worker and tell them what you like about them.	Surprise a co-worker with a secret gift of something they love.	STOP! Take 5 slow, deep belly breaths before rising and sleeping.	Share a problem with a loved one or a trusted friend.	Pray or thank the universe for the good things in your life.
Day 29	Day 30	Day 31				
Stop drinking caffeine/pop/juice after noon. Choose water instead.	Take a new route home from work. Don't use Google Maps!	IT'S GRAND FINALE DAY!				

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

Steve Maraboli

Scorecards Days 15-30

30-Day Self-Care Challenge



Name: _____

Team Name (if applicable):

*take
a small
step
everyday*

Number of Points Week 3	Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21	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 4	Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28	Bonus	Total
Number of Points Week 5	Day 29	Day 30						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.

