

YOUR 30-DAY SELF-CARE CHALLENGE

HOW WILL YOU TAKE IT FROM HERE?

YOU DID IT!

Congratulations! The challenge is almost complete! You've accomplished the tasks, earned your points, and created a better you in the process! Now that the challenge is ending, a continued focus on implementing small changes will help to form regular self-care habits for the long-term! Make room for self-care in your schedule. In the next day or two, use our reflection exercise to think about what you enjoyed, what challenging tasks you might welcome again, and what is naturally part of your life schedule (e.g. medical appointments, workouts, social time with friends). Simply plot them into your personal calendar or planner to create a self-care bucket list each month. Try to cover all 3 core areas. Here are some ideas:

BODY

- Care for health issues
- Physical fitness goals
- Nutritional needs and goals
- Hydration
- Meeting sleep requirements
- Regular health appointments
- Skincare, haircare, etc.
- Reduce fatigue/Increase energy
- Reduce or maintain weight

SPIRIT

- Meditation
- Bible reading or study
- Non-stimulating alone time
- Dancing
- Connect with social support
- Enjoy small indulgences
- Inspirational reading
- No obligation days
- Go to Church
- Give back/Pay it forward

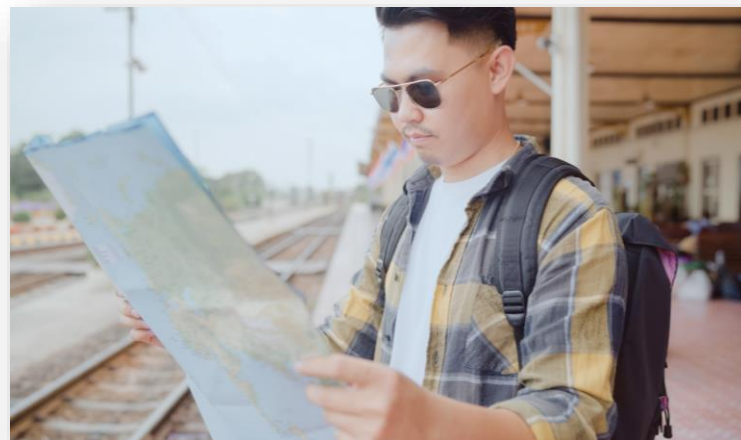
MIND

- Journaling
- Meditation
- Brain dumps
- Brain games
- Mental health check-ins
- Self-help books
- Relaxation exercises
- Time to quiet the brain
- New routes/Adventure
- Nutrition/Vitamin schedule

**"I lied and said I was busy.
I was busy, but not in a way most people
understand.**

**I was busy taking deeper breaths.
I was busy silencing irrational thoughts.
I was busy calming a racing heart.
I was busy telling myself I am okay.**

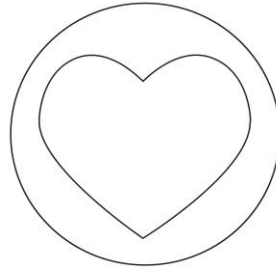
**Sometimes, this is my busy -
and I will not apologize for it."
- Brittin Oakman**



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HOW WILL YOU TAKE IT FROM HERE?

30-Day Self-Care Challenge



*take
a small
step
everyday*

Question	Reflection
What tasks did I enjoy the most?	
What tasks were challenging?	
What tasks did I not enjoy?	
What tasks do I need to add?	

