

30 Day Self-Care Challenge Planner

Why not try our month-long self-care challenge? This planner can help you, but feel free to customise it with your own meaningful activities. And don't worry if you miss a day – simply pick up where you left off when you're ready. Ultimately, this journey is entirely yours!

DAY 1 Write down 3 things you are grateful for	DAY 2 Go outside and see how many different birds you can spot	DAY 3 Sing out loud to your favourite song	DAY 4 Do something nice for someone else	DAY 5 Go for a walk on your own
DAY 6 Switch off your phone and read a book or magazine for 1 hour	DAY 7 Make yourself a healthy breakfast or lunch	DAY 8 Do 15 minutes of Yoga Nidra (find on YouTube)	DAY 9 Dance to some upbeat music for 5 minutes	DAY 10 Do 10 rounds of box breathing (Breathe in for 4 seconds, hold for 4, out for 4, hold for 4)
DAY 11 Write down something that you're looking forward to	DAY 12 Make a file of your favourite photos on your phone	DAY 13 Call a friend or family member	DAY 14 Make (or buy) biscuits or a cake and share with colleagues / friends	DAY 15 Drink 6 – 8 glasses of water today
DAY 16 Do a workout video on YouTube	DAY 17 Tidy out a cupboard or drawer	DAY 18 Pet a dog or a cat (ask the owner first if it's not your own!)	DAY 19 Spend a day doing your favourite things	DAY 20 Make a vision board for your bedroom
DAY 21 Hug someone	DAY 22 Have a warm bath or shower with essential oils or bubbles	DAY 23 Prep yourself a healthy meal for tomorrow	DAY 24 Meet a friend for a coffee, tea or hot chocolate	DAY 25 Wear your favourite clothes and spray your favourite perfume / aftershave
DAY 26 Journal your day – both the good and the bad	DAY 27 Switch off your phone an hour before bed	DAY 28 Listen to an Audiobook or podcast	DAY 29 Do a crossword or puzzle	DAY 30 List your favourite activities from the past month