



# 30 DAYS of SELF-CARE

There's a lot of buzz these days about the importance of self-care. It's almost impossible to check out Facebook or Instagram without seeing folks enjoying luxury spa services in exotic locales, attending "mindfulness" retreats at secluded resorts, and all kinds of other picture-perfect (and let's be honest—pricey) ways to relax and rejuvenate.

And while we're all about recharging and reducing stress, we think it needs to come OFF of your to-do list and become a daily habit. Because the truth is, self-care doesn't have to be expensive, time-consuming, or feel like a chore.

Which is why we've picked 30 of our favorite small acts of self-care you can do once a day for a month. You can do these on your own or with the people you love most in your life—your choice! We guarantee that they'll help you and your loved ones feel more relaxed, healthy, and happy. Enjoy!

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
Write a positive message on the bathroom mirror.	Go for a 20 minute walk.	Watch a favorite movie (bonus points for popcorn!)	Treat yourself to a face mask.	Write down 10 things you're grateful for, big and small.	Do one small intentional act of kindness.
DAY 7	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12
Instead of a to-do list, create a have-fun list! Add activities that make you happy.	Take a long shower.	Play your favorite game on your phone <i>guilt-free</i> for 15 minutes.	Put fresh sheets and blankets on your bed.	Buy a candle in your favorite scent.	Make your favorite dinner.
DAY 13	DAY 14	DAY 15	DAY 16	DAY 17	DAY 18
Text a friend just to say hi.	Make eye contact with yourself in the mirror. Acknowledge and honor who you are!	Go to bed 30 minutes early, even if it's just to read or watch TV.	Say no to something you don't feel like doing.	Listen to your favorite playlist all the way through.	Enjoy a long bubble bath.
DAY 19	DAY 20	DAY 21	DAY 22	DAY 23	DAY 24
Laugh!	Find a new podcast to listen to.	Sit in the sun for 10 minutes.	Get your favorite dessert and enjoy!	Write and send a thank you note.	Take a nap.
DAY 25	DAY 26	DAY 27	DAY 28	DAY 29	DAY 30
Download an affirmation app.	Begin your morning with a full body stretch.	Stop and smell the roses or bask in the silence—appreciate where you are and how you're feeling.	Give yourself a chore-free day.	Take 15 minutes (at any point during your day) to practice mindful meditation.	Stay hydrated!