

30 DAYS OF Self Care Challenge

LTGL A Quick Stretch Day 1Drink H20

01100463544

DAY 2-

LTGL

Grab a glass and add fresh lemon

Healthy Snack Jar

Day 3-

Make a few jars for the week

17G1



Day 4-

Play Outside

Calla Loved



Day 5-

Unplug From Technology

01106483544

Unplug for the day or even a few hours

Day 6-

LTGL



LTGL Day 8-Do a Guided

Meditation

Write a Love Letter To Yourself

I conside - coat of coal

Day 9-

Affirmations

01106483544

Look in the mirror and say 5 things you love about yourself!

Day 10-

LTGL

Workout at Home

Go for a run, take an online class, or DANCE!!

Day 11-

1106463544



LIGI Day 12-Clean,

Clean, Declutter, Organize

LTGL Clean Your Closet & Donate Unwanted Items

Day 13-

LIGI

Wear Your Favorite Outfit

01106463544

Day 14-

TOG483544

Buy Yourself Flowers

1100463544

Day 15-



LTGL Day 16-Take a Yoga Class

LTGL Draw, Color or Paint Day 17-

Go On A Nature Walk

Day 18-

Make a Dessert

Have your kids help you bake!

Day 19-

No. 23 Company of the Company

1106463544



LTGL Day 20-Sit In The Sun

Social Networks

Give Out Compliments



Day 21-

LTGL Day 22-Go To Bed Early

Snuggle a Pet

Day 23-

LTGL

LTGL Day 24-Try a New Craft

Practice a Breathing Technique

Day 25-

DIY Facial

01106463544

Day 26-

100463544

LIGI

Bath or Shower with Lavender

Day 27-



Day 28-

Watch Your Favorite Movie

Read A Book

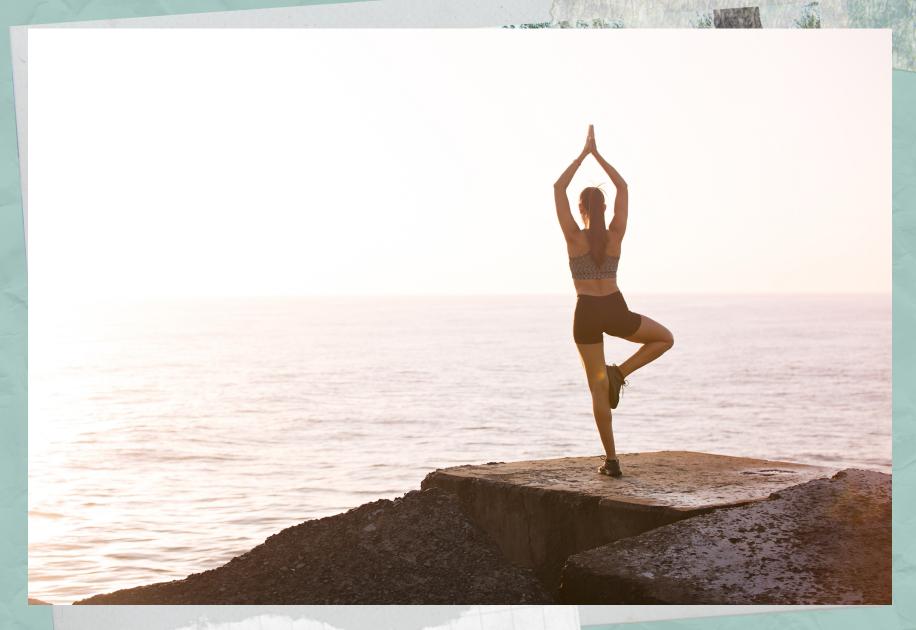
Day 29-

Watch a Webinar/Class

Day 30-

LTGI

Time to Share



30 DAYS OF Self Care Challenge