

28 Days Challenge to Self-Care Yourself

Practice breathing exercise

Create a vision board

Make a fun activity plan

Diffuse your favorite oils

Hang out with your best friends

Volunteer at a shelter

Write a gratitude list

Plan a healthy meal

Do a fun activity

Practice a favorite hobby

Meditate and do yoga

Play with your pet

Have a bubble bath

Cook your favorite dish

Read your favorite novel

Watch a movie

Do yoga in the morning

Listen to your favorite music

Take a walk in nature

Have a dance party!

Drink 8 glasses of water

Call your BFF

Avoid social media all day

Go to bed before midnight

Take a rest for a while and challenge yourself to be more caring for your own body, mind, and soul.

