

■ 30-Day Self-Care Challenge (November)

Day	Self-Care Task
1	Write down 3 things you're grateful for
2	Enjoy 10 minutes of quiet meditation
3	Take a slow walk outside and notice the details
4	Start a 'feel good' playlist
5	Journal about what self-care means to you
6	Get to bed 30 minutes earlier
7	Declutter one small space for mental clarity
8	Drink 8 glasses of water today
9	Try a new healthy seasonal recipe
10	Stretch for 15 minutes
11	Light a candle and enjoy a mindful cup of tea
12	Prep a balanced snack for tomorrow
13	Dance to your favorite song
14	Do a gentle yoga session
15	Read a chapter of a book you've been putting off
16	Try a small creative project (craft, sketch, bake)
17	Listen to a podcast that inspires you
18	Write a letter to your future self
19	Treat yourself to a favorite hobby
20	Watch a cozy feel-good movie
21	Journal 5 affirmations that make you smile
22	Call or text someone you miss
23	Spend one hour tech-free
24	Take yourself out for coffee or lunch
25	Say no to one thing that drains your energy
26	Write down your wins from this year
27	Create a self-care kit (tea, blanket, book, lotion)
28	Take a long bath or shower ritual
29	Spend time in nature
30	Reflect on how you feel—set one self-care goal for December