

■ 30-Day Self-Care Challenge (November)

| Day | Self-Care Task |
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| 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 |