



# 30 days 20 minutes

**SPEND AT LEAST 20 MINUTES A DAY BEING INTENTIONAL ABOUT SELF-CARE.**

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|  <b>1</b><br>Have an at home SPA DAY!                           | <b>2</b><br>Plan a friend date.   |  <b>3</b><br>Have a photoshoot with a friend.   | <b>4</b><br>Set phone reminders with uplifting words.  | <b>5</b><br>Take a different route to school or work.   |  <b>6</b><br>Donate or Volunteer        |
| <b>7</b><br>Go for a walk.<br>Spend time in nature.  |  <b>8</b><br>Create a Vision Board                             | <b>9</b><br>Redecorate your bedroom.   | <b>10</b><br>Write a letter to your younger self.  |  <b>11</b><br>Call someone who makes you laugh. | <b>12</b><br>Watch your favorite movie.  |
|  <b>13</b><br>Watch the sunrise.                              | <b>14</b><br>Write down 10 things you are thankful for.   | <b>15</b><br>Write/Print your favorite quote, hang it where you will see it often.   |  <b>16</b><br>Buy yourself flowers. | <b>17</b><br>Take a bubble bath.  |  <b>18</b><br>Bake some cookies.      |
| <b>19</b><br>Unplug from social media.<br>Spend time with a friend instead.  |  <b>20</b><br>Make a new playlist of all your favorite songs. | <b>21</b><br>Facetime or video chat with a friend.   | <b>22</b><br>Write down 10 things you love about yourself.   |  <b>23</b><br>Light a candle for dinner.       | <b>24</b><br>Make yourself breakfast in bed  |
|  <b>25</b><br>Write a love letter to yourself or a loved one. | <b>26</b><br>Treat yourself to something sweet!   |  <b>27</b><br>Write positive affirmations on sticky notes, and stick them around your home. | <b>28</b><br>Go for a drive in a fancy neighborhood.   | <b>29</b><br>Text someone you haven't talked to in awhile.  |  <b>30</b><br>Give yourself a facial. |