

30-DAY SELF-CARE CHALLENGE

@DearDumbAnxiety

#30DaySelfCareChallenge

☐ Create a morning routine

☐ Take a relaxing bath or shower

☐ Try a new recipe

☐ Go for a walk

☐ Write down 5-10 things you're grateful for

☐ Start a new book

☐ Watch a TV show or movie you enjoy

☐ Watch the sunrise or sunset

☐ Spend time in silence without any distractions

☐ Try a new hobby or activity

☐ Take 10-20 minutes to stretch

☐ Write down 10 positive affirmations

☐ Spend time with children or animals

☐ Listen to a podcast or audiobook

☐ Spend 20-30 minutes in nature

☐ Have an at home Spa Night

☐ Go on a solo date

☐ Move your body for 20-30 minutes

☐ Write 5 things you're proud of accomplishing

☐ Volunteer your time or donate to a cause

☐ Do something you enjoy

☐ Sit outside while drinking your coffee

☐ Take a 10 min meditation break

☐ Limit yourself to 30 minutes of social media

☐ Have an at-home dance party

☐ Write a letter to someone you appreciate

☐ Do a puzzle or play a game

☐ Take time to call a friend or family member

☐ Practice mindful breathing

☐ Spend extra time getting ready to feel confident

After completing all 30 days reflect on how you're feeling.

Morning Routine Reddit Last 90 Days

Anthony S. Fauci



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