

28 DAY

Self Care CHALLENGE

DAY 1
Think about
joining Self Care
Challenge

DAY 2
JOIN
SELF-CARE
CHALLENGE!

DAY 3
Set 3 goals
for month
WRITE DOWN

DAY 4
Start a
new book

DAY 5
Take a
relaxing bath

DAY 6
Meditate
for 10 minutes

DAY 7
Watch the
Sunset

DAY 8
Send someone
flowers or a
card

DAY 9
Order
takeout
dinner

DAY 10
Write down 3
things you're
grateful for.

DAY 11
Stay off
social media

DAY 12
Light a
scented
candle

DAY 13
Cook
something
new

DAY 14
Do a
random act
of kindness

DAY 15
Go for a walk
20 minutes
OUTSIDE

DAY 16
Go for a
drive and blast
your fave song

DAY 17
Facetime
with a
friend

DAY 18
Get dolled up
even if no
place to go!

DAY 19
Eat junk food
and watch movie
in bed

DAY 20
Take a
relaxing bath

DAY 21
Organize
something you
have put
off

DAY 22
Write 3
goals for the
week

DAY 23
Pamper
yourself with
facemask

DAY 24
Pamper
yourself with
nails

DAY 25
Meditate
for 10
minutes

DAY 26
Drink 8
glasses
of water

DAY 27
Drink a
Berry Smoothie

DAY 28
YOU DID IT!
Write 3 thing
you are proud
of

MamaOutpost
