

15 Day Self-Care Challenge

FOLLOW THIS ROUTINE FOR THE NEXT 15 DAYS TO ENSURE THAT YOU ARE BEING INTENTIONAL WHEN IT COMES TO DEVELOPING YOUR SELF-CARE ROUTINE.

DAY 1

Mindful Breathing

DAY 2

Restful Sleep

DAY 3

Daily Movement

DAY 4

Gratitude Practice

DAY 5

Positive Affirmations

DAY 6

Creative Expressions

DAY 7

Quiet Reflections

DAY 8

Healthy Nutrition

DAY 9

Warm Baths

DAY 10

Nature Walks

DAY 11

Digital Detox Day

DAY 12

Journal Writing

DAY 13

Read A Book

DAY 14

Drink Fresh Juice

DAY 15

Dance Workout