

21 DAY SELF CARE CHALLENGE

Often, we end up last on our lists. The habit of changing that takes time. Challenge yourself to doing some something small just for you every day for the next 21 days.

You might be surprised what it brings up.

These don't have to be in order just do one every day and cross it out as you go – if something doesn't resonate, add your own.

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Find a podcast you like and listen on your walk	Plan (in your calendar) one day this month to do NOTHING	Focus on your bed, get new sheets, new pillows – make it a zen place	Spend 20 minutes outside – reading, gardening, or just being	Do one thing today from your best practices list (or make one) and just relax
DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
Plan a special meal and make it with your family	Do something today you have been putting off	Write out something you have been bottling up and then let it go	Try a 5 minute meditation (YouTube or iTunes)	Ask for help with something you have been struggling with it – anything
DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
Do something to pamper yourself today (mani, pedi, massage)	Take a fancy bubble bath with candles, music and a yummy scent	Treat yourself to something you've been wanting	Make plans with a friend and stick to them (coffee, movie, a walk)	Make yourself a play list of the music that brings you joy
DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
Do a random act of kindness today (what you give out you get back)	Watch a movie that gives you a belly laugh	Sweat – get your body moving for amazing happy endorphins	Buy yourself an essential oil that makes you feel good and use it	Try a new recipe from a healthy cookbook or online (better yet buy that cookbook that inspires you)
DAY 21	 			
Take out your calendar and schedule your "you" time for the next week/month				

21 DAYS OF SELF CARE JOURNALING PROMPTS



1. A to-do for you list;
2. What is your greatest accomplishment;
3. What's your bucket list – 20 items ;
4. When do you feel most confident;
5. Who is someone that inspires you;
6. Just doodle - in black and white then add colour;
7. Set 3 short terms goals and 3 long term goals (with timelines);
8. What makes you happy – 5 items ;
9. What are some words that resonates with you – brainstorm, write them down;
10. What do you need to forgive yourself for;
11. What is a good personality trait you have;
12. A funny story that makes you giggle when you think about it;
13. What's your favourite meal – why is it your favourite;
14. What is your proudest moment;
15. List your 5 favourite ways to relax when you feel anxious;
16. Find a quote that makes you feel awesome and write it out (more than once), make it look pretty;
17. What do you need to start saying “yes” to;
18. What do you need to start saying “no” to;
19. Give yourself a compliment (or 2);
20. Who is your best friend – what qualities make you love them;
21. What have you learned from this journaling experience?

If you are struggling search Pinterest for quotes that inspire you – cut them out and paste them throughout your journal – use those as prompts

