

Month:

SELF CARE CHALLENGE

**Stay offline for
the whole day**

**Stay away from
toxic people**

**Learn to enjoy
solitude**

**Read a self-help
book**

**Preserve positive
thoughts**

**Meditate or
do yoga**

Clean your room

**Declutter your
living space**

**Write a
daily journal**

**Try something
new**

**Eat more
vegetables**

**Examine your
daily habit**

**Change up
your routine**

**Turn off
notifications**

**Consume less
dairy**

**Lay off the
caffeine**

**Practice
Gratitude**

**Go for a walk in
the nature**

