



# Self Care Challenge

**Write down  
your goal**

**Drink enough  
water**

**Eat healthy  
food**

**Go for a  
long walk**

**Spend time  
alone**

**Sleep for  
8 hours**

**Meditate for  
5 minutes**

**Create a new  
playlist**

**Cook your  
favorite meal**

**Try a new  
exercise**

**No TV  
night**

**Take a cold  
shower**

**Walk in the  
nature**

**Start  
journaling**

**Do a quick  
workout**

**Create a  
mood board**

Focus on the steps  
in front of you,  
not the whole staircase.