

CHALLENGE YOU AND YOUR FAMILY TO RISING FROM THE STATUS QUO AND MAKING SELF CARE A HABIT!

SELF CARE WEEKLY CHALLENGES

SMTWTFS

- BRUSH AND FLOSS YOUR TEETH
- CHOOSE TO DRINK WATER
- TAKE A 15 MIN WALK OR GET UP AND STRETCH YOUR MUSCLES
- NO PHONE 1 HOUR BEFORE BED
- EAT TOGETHER AS A FAMILY
- READ FOR 30 MINUTES
- DO A THANKFUL/GRATITUDE ACTIVITY
- CALL/FACE-TIME A FRIEND
- FIND QUALITY TIME WITH SOMEONE IN YOUR HOME
- WRITE OR DOODLE IN A JOURNAL
- HELP SOMEONE IN YOUR HOME BY DOING ONE OF THEIR CHORES
- HAVE A DANCE PARTY
- TELL SOMEONE HOW MUCH YOU LOVE THEM AND WHY
- TELL JOKES
- PRACTICE BREATHING TECHNIQUES
- DAILY INTENTIONS
- LEARN A NEW SKILL
- TIDY A SPACE IN YOUR HOUSE
- DO SOMETHING CREATIVE
- GET 8 HOURS OF SLEEP
- PRACTICE SELF COMPASSION

FEEL FREE TO ADD TO THESE SELF CARE ITEMS!