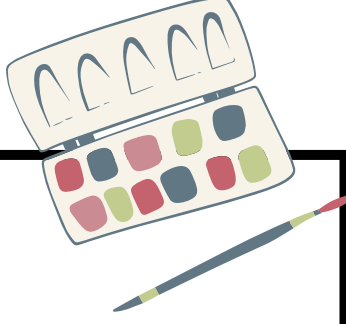


30 DAYS OF SELF-CARE

1 CREATE GOALS	2 PAINT/DRAW SOMETHING 	3 GAME NIGHT	4 CREATE A PLAYLIST 	5 STAY HYDRATED
6 TAKE A BREAK FROM SOCIAL MEDIA 	7 YOGA 	8 BAKE SOMETHING	9 READ A BOOK	10 DANCE AND SING 
11 CALL A FRIEND	12 WRITE AFFIRMATIONS	13 MAKE A VISION BOARD	14 MOVIE NIGHT	15 MEDITATE 
16 DECLUTTER YOUR ROOM 	17 JOURNAL ABOUT YOUR DAY	18 TRY A NEW SKILL 	19 MAKE A BIG BREAKFAST	20 HUG SOMEONE
21 GET SOME FRESH AIR	22 ENJOY A BATH 	23 WRITE 3 THINGS YOU'RE GRATEFUL FOR	24 HAVE A WARM BEVERAGE	25 TAKE A NAP 
26 DO SOME SKINCARE 	27 LISTEN TO A PODCAST	28 EAT YOUR FAVOURITE FOOD 	29 SPEND TIME WITH FAMILY OR FRIENDS	30 DO SOMETHING TO MAKE YOU LAUGH