



21-DAY

Self Care Challenge

Change
your
sheets

Start a
journal

Cook a new
recipe

Spend
some time
outside

Look back
at old
photos

Take a
yoga class

Get yourself
some fresh
flowers

Watch the
sunrise or
sunset

Go on a
solo
date

Give
yourself a
facial

Get a
pedicure

Take a day
off social
media

Go to a
coffee
shop &
read

Listen to a
calming
song

Declutter at
least 10
items

Watch your
favorite
movie

Binge
watch a
show

Call
someone
that makes
you smile

Eat clean
all day

Buy a new
outfit

Go out with
a friend