

30 DAY Self-Care Challenge FOR MOMS

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Write down 3 things you're grateful for	Do a 5-10 meditation	Spend the day social media free	Call someone you love	Take a 15 minute walk outdoors
DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
Listen to a podcast	Learn to cook a new recipe	Stretch for 10 minutes	Listen to your favorite song	Journal one thing that went well today
DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
Sit in silence for 3 minutes	Read a book for 15 minutes	Write down two things you love about yourself	De-clutter a room or desk	Go to bed 30 minutes earlier
DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
Read a devotional or uplifting quote	Wake up 15 minutes earlier	Make your favorite meal	Buy yourself something	Spend time outside
DAY 21	DAY 22	DAY 23	DAY 24	DAY 25
Watch a movie or series	Say a prayer for peace and patience	Take a long shower or bath	Enjoy a treat guilt-free	Read and reflect on your favorite bible verses
DAY 26	DAY 27	DAY 28	DAY 29	DAY 30
Create a vision board	Do something creative (doodle, color, or craft)	Do a face mask	Look in the mirror and speak one kind truth to yourself	Reflect on what self care looked like this month