



31 Days of Self Love

My Self Care Challenge

- 1 Get a trim or haircut
- 2 Declutter cabinet or work space
- 3 Tend the home garden
- 4 Message or call an old classmate, a friend or a relative
- 5 Cook or bake a new recipe
- 6 Read a good book
- 7 Play your favorite sport
- 8 Rewatch an old favorite movie series the whole day
- 9 Take a drive to a quiet but scenic spot in town
- 10 Do a videoke session with the family
- 11 Fix an old electric fan or an oven toaster
- 12 Treat yourself to a spa
- 13 Order your favorite food online
- 14 Groom your pet / take pet to the groomer
- 15 Binge watch a series/movie/documentary on Netflix
- 16 Do general house cleaning
- 17 Play board games with the family
- 18 Refresh your supermarket supplies
- 19 Take the turn to look after the kids in the family
- 20 Make time to paint, crochet or cross stitch
- 21 Engage in yoga, Mindfulness exercise, or meditation
- 22 Compose a new song or write a new poem
- 23 Join in the neighborhood campaign drive
- 24 Learn/Practice playing the piano, guitar or violin
- 25 Visit your dentist, dermatologist
- 26 Rearrange the fixtures in your bedroom or living room
- 27 Perspire! Do some major dance routines
- 28 Check on the family car: brakes, lights, oil, etc.
- 29 Shop for something new: a book, a car accessory or a home decor
- 30 Get off the grid for a day: no phone, no emails, no social media
- 31 Take a Spiritual retreat; visit a church, a pilgrim site or simply have a day of silence and reflection

Self Love is not selfish.

It is about finding the balance that enables you to share yourself to the world, because it certainly is a better place with you in it.