



28 Day Self-Care Challenge

28 tasks for you to try to achieve and keep busy...all for fun!

1 Establish a new routine	2 Listen to a podcast	3 Do some home exercises	4 Have a relaxing bath or shower	5 Write down 5 things you are grateful for	6 Watch your favourite movie	7 Start a journal
8 Catch up on chores	9 Declutter an area in your home	10 Get 8 hours of sleep	11 Try something new	12 Do some mindfulness or yoga	13 Read a new book	14 Listen to music
15 Have a game night	16 Skype or video call someone	17 Do a random act of kindness	18 Do a 10-minute breathing exercise	19 Learn a new language	20 Eat your favourite meal	21 Create positive affirmations for yourself
22 Make a list of goals you would like to achieve	23 10 minutes of movement	24 Have a chilled day	25 Treat yourself	26 Create a self-love jar or box to look at when you need it	27 Take a break from social media	28 Special interest day!