

30 DAY Self-Care Challenge

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Start a gratitude journal	Learn to meditate	Spend the day social media free	Call someone you love	Take a short walk in the taiao/nature
DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
Listen to a podcast that will make you laugh	Cook a whānau/nostalgic recipe	Try the <u>Hikitia te hā</u> breathing exercise	Listen to your favorite song	Plant native seeds and watch them grow
DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
Try a free online workout or community class	Read a book for 15 minutes	Write a list of short-term goals	Volunteer your time to something close to your heart	Go to bed 30 minutes earlier
DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
Have a game night	Wake up 15 minutes earlier	Enjoy a meal or coffee with someone you love	Create a bucket list	Make a gratitude card for someone close to you
DAY 21	DAY 22	DAY 23	DAY 24	DAY 25
Watch a movie or series	Share how you're feeling with a loved one	Take a long shower or bath	Make a mobile from driftwood and shells	Watch the sunset or sunrise
DAY 26	DAY 27	DAY 28	DAY 29	DAY 30
Visit somewhere new like a museum/beach/church or marae	Spend some time outside	Do a random act of kindness	Create some leaf art	Take a power nap