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30 DAY SELF-CARE CHALLENGE WORKBOOK

THAT WILL ABSOLUTELY CHANGE
YOUR LIFE.

WE WILL FOCUS ON THESE 9 KEY SELF-CARE AREAS

Physical, Psychological, Emotional,
Spiritual, Intellectual, Social, Safety &
Security, Relational, and Professional.

30 DAY SELF-CARE CHALLENGE

SPEND TIME
IMAGINING HOW
YOU'D LIKE TO FEEL
AT THE END OF
THIS CHALLENGE

DAY 1

DRINK A GLASS OF
WATER FIRST
THING EVERY
SINGLE MORNING

DAY 2

WRITE DOWN 1
POSITIVE THING
ABOUT YOUR DAY
BEFORE BED EACH
NIGHT

DAY 3

SPEND 30 MINUTES
DOING SOMETHING
CREATIVE THAT
YOU ENJOY

DAY 4

SPEND 10 MINUTES
IN THE SUN
THINKING ABOUT
YOUR SPIRITUALITY

DAY 5

RESEARCH A
SUBJECT YOU
KNOW NOTHING
ABOUT

DAY 6

CATCH UP WITH
AN OLD FRIEND OR
RELATIVE

DAY 7

CHECK YOUR
CREDIT SCORE AND
SET FINANCIAL
GOALS.

DAY 8

UNPLUG FOR
DINNER & HAVE
REAL CONVOS
WITH FAMILY

DAY 9

FIND A NEW TOOL
TO INCREASE
PRODUCTIVITY AT
WORK.

DAY 10

TRY A NEW DIET
FOR THE REST OF
THIS CHALLENGE.

DAY 11

PRACTICE POSITIVE
THINKING

DAY 12

ENJOY ALL THE
THINGS THAT MAKE
YOU LAUGH

DAY 13

TRY A 15 MINUTE
GUIDED
MEDITATION FROM
YOUTUBE

DAY 14

SPEND 15 MINUTES
OR MORE READING
SOMETHING YOU
ENJOY.

DAY 15

PLAN AN ADULT-
ONLY GETAWAY
WITH FRIENDS

DAY 16

IDENTIFY THINGS
THAT MAKE YOU
FEEL UNSAFE AND
WORK TO REMOVE
THOSE

DAY 17

ENJOY ONE-ON-
ONE TIME WITH
EACH MEMBER OF
YOUR HOME

DAY 18

SET GOALS TO
IMPROVE YOUR
PROFESSIONAL LIFE

DAY 19

GO FOR A 10-
MINUTE WALK
EACH DAY FOR THE
REST OF THE
CHALLENGE

DAY 20

WORK ON SAYING
YES TO YOU AND
NO TO OTHERS.

DAY 21

LIGHT A CANDLE
AND TAKE A
BUBBLE BATH

DAY 22

CONNECT WITH
THE EARTH BY
PUTTING YOUR
FEET IN THE GRASS

DAY 23

EDUCATE
YOURSELF ON THE
HISTORY OF YOUR
CITY

DAY 24

CLEAN YOUR
SOCIAL MEDIA
FROM PEOPLE WHO
DON'T BRING YOU
JOY.

DAY 25

DO SOMETHING
OUTSIDE OF THE
HOME AS A FAMILY

DAY 26

GET A MASSAGE

DAY 27

ENJOY A "ME DAY"
OUTSIDE OF THE
HOME!

DAY 28

LET GO OF GUILT

DAY 29

WRITE DOWN
EVERYTHING
YOU'RE GRATEFUL
FOR.

DAY 30

IDENTIFYING FEELINGS

WRITE ONE WORD THAT DESCRIBES HOW YOU FEEL AFTER EACH TASK

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7 DAYS OF GRATITUDE

SHARE EVERYTHING YOU'RE GRATEFUL FOR **IN WEEK 1**

DAY 1

DAY 3

DAY 5

DAY 7

DAY 2

DAY 4

DAY 6

NEXT WEEK'S GOALS

WEEK 1

7 DAYS OF GRATITUDE

SHARE EVERYTHING YOU'RE GRATEFUL FOR **IN WEEK 2**

DAY 1

DAY 3

DAY 5

DAY 7

DAY 2

DAY 4

DAY 6

NEXT WEEK'S GOALS

WEEK 2

7 DAYS OF GRATITUDE

SHARE EVERYTHING YOU'RE GRATEFUL FOR **IN WEEK 3**

DAY 1

DAY 3

DAY 5

DAY 7

DAY 2

DAY 4

DAY 6

NEXT WEEK'S GOALS

WEEK 3

7 DAYS OF GRATITUDE

SHARE EVERYTHING YOU'RE GRATEFUL FOR **IN WEEK 4**

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

NEXT WEEK'S GOALS

WEEK 4

SELF-CARE GOALS

DON'T MAKE EXCUSES - YOUR GOALS ARE YOUR PRIORITY

SOCIAL GOALS

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INTELLECTUAL GOALS

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RELATIONAL GOALS

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PROFESSIONAL GOALS

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SAFETY & SECURITY GOALS

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INSPIRATION & EXAMPLES

HERE ARE SOME EXAMPLES OF GOALS TO INSPIRE YOU

SOCIAL

- Bi-weekly lunch dates w/ friends
- Remove toxic friendships
- More meaningful conversations

PHYSICAL

- Lose 5 lbs
- Daily walks
- Low-carb diet

EMOTIONAL

- Retreat with friends.
- Remove toxic friendships.
- More meaningful conversations

PSYCHOLOGICAL

- Identify & remove stressors
- Practice positive thinking
- Let go of past trauma

SPIRITUAL

- Morning meditations
- More prayer
- Get in-touch with nature

INTELLECTUAL

- Learn a new skill
- Research local history
- Take an online course

RELATIONAL

- More intimacy with husband
- Call family more often
- Quality time with children

SAFETY/SECURITY

- Get tires checked
- Check smoke detectors
- Decrease debt

PROFESSIONAL

- Double my income
- Print Magazine Feature
- Exclusive media invite