30 DAY SELF-CARE CHALLENGE

THAT WILL ABSOLUTELY CHANGE YOUR LIFE.

WE WILL FOCUS ON THESE 9 KEY SELF-CARE AREAS

WORKBOOK

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.

DAY8

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 CHALLNGE

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

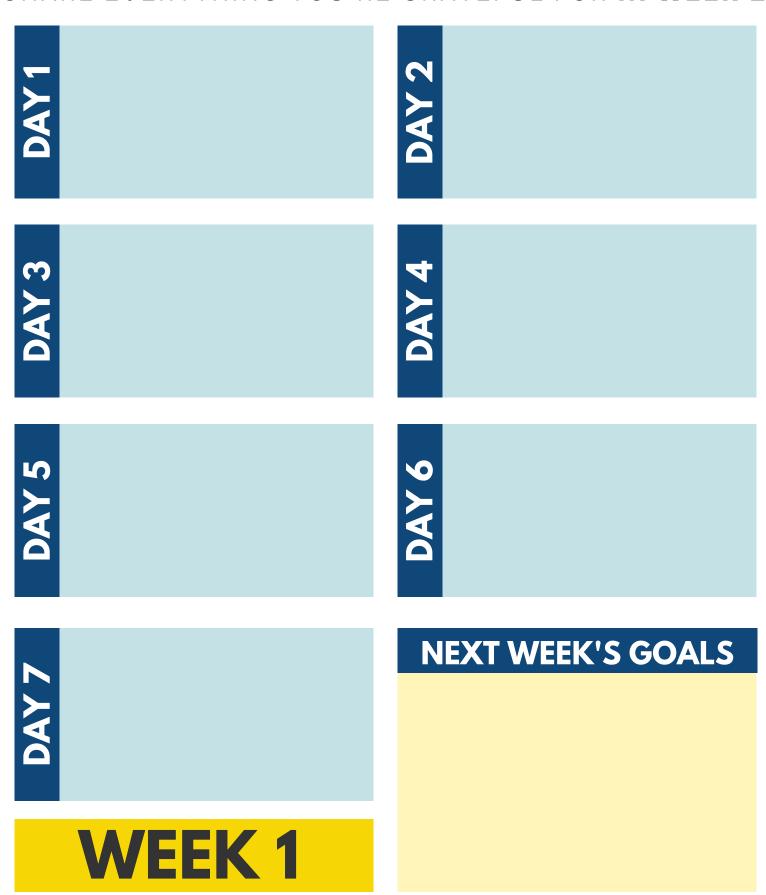
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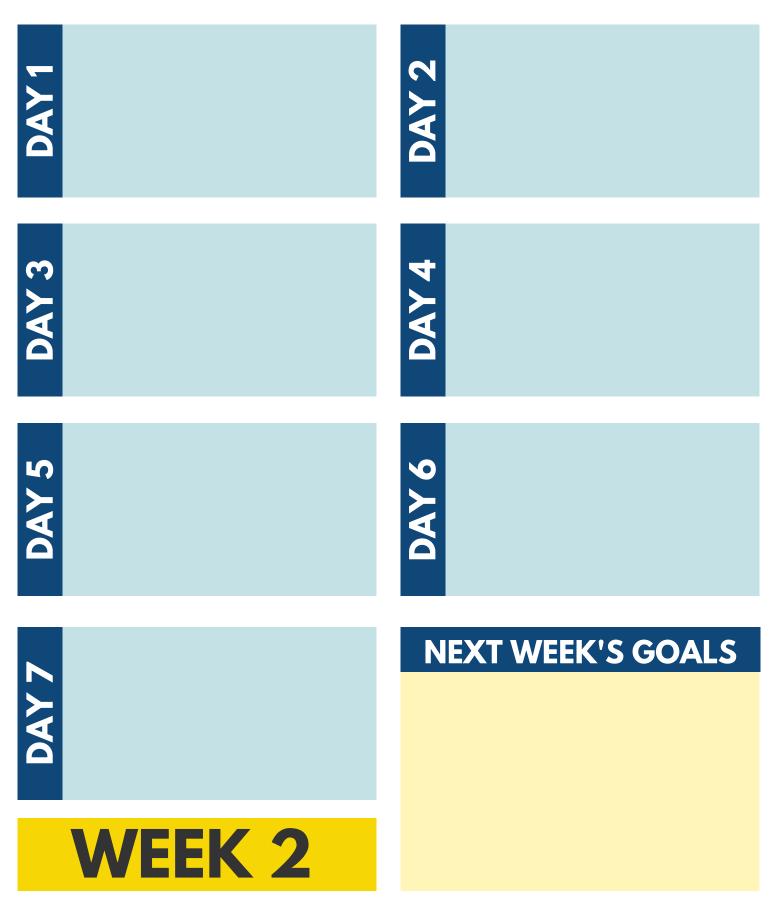
SELF-CARE ISN'T SELFISH

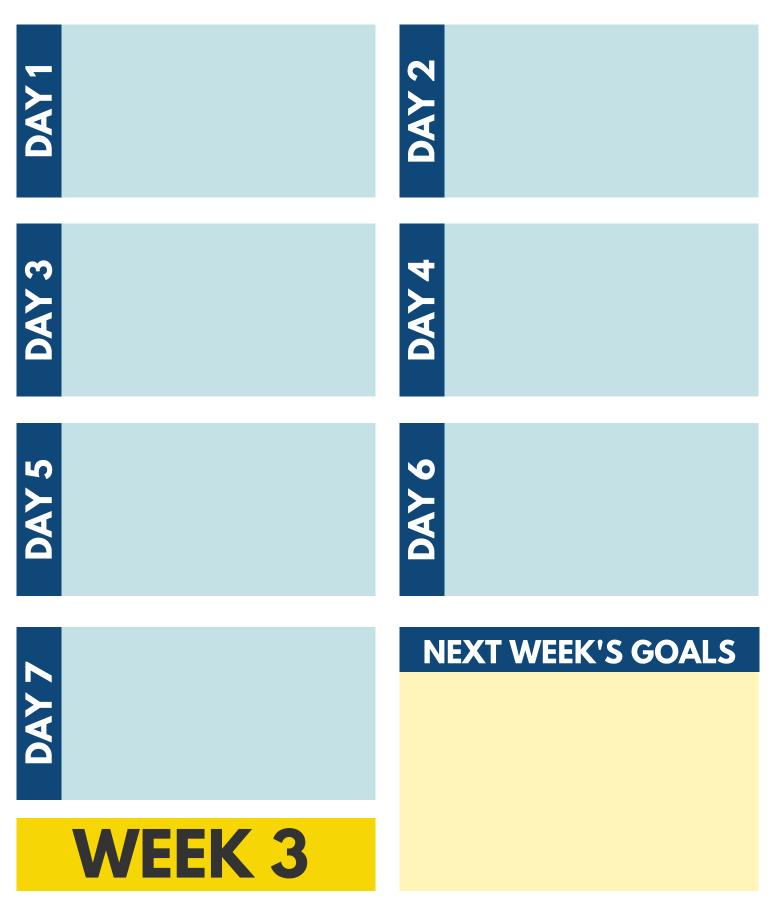
IDENTIFYING FEELINGS

WRITE ONE WORD THAT DESCRIBES HOW YOU FEEL AFTER EACH TASK

1	16
2	17
3	18
4	19
5	20
6	21
7	22
8	23
9	24
10	25
11	26
12	27
13	28
14	29
15	30









SELF-CARE GOALS

JOT DOWN YOUR SELF-CARE GOALS THE NEXT 30 DAYS
CHECK MARK YOUR GOALS AS YOU ACCOMPLISH THEM

	PHYSICAL GOALS	PSYCHOLOGICAL GOALS
F	MOTIONAL GOALS	SPIRITUAL GOALS
E	MOTIONAL GOALS	SPIRITUAL GOALS
E	MOTIONAL GOALS	SPIRITUAL GOALS
E	MOTIONAL GOALS	SPIRITUAL GOALS
	MOTIONAL GOALS	SPIRITUAL GOALS

SELF-CARE GOALS

DON'T MAKE EXCUSES - YOUR GOALS ARE YOUR PRIORITY

SOCIAL GOALS	INTELLECTUAL GOALS
RELATIONAL GOALS	PROFESSIONAL GOALS
SAFETY & SEC	CURITY GOALS
SAFETY & SEC	CURITY GOALS

INSPIRATION & EXAMPLES

HERE ARE SOME EXAMPLES OF GOALS TO INSPIRE YOU

SOCIAL

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

EMOTIONAL

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

SPIRITUAL

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

RELATIONAL

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

PROFESSIONAL

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

PHYSICAL

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

PSYCHOLOGICAL

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

INTELLECTUAL

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

SAFETY/SECURITY

- Get tires checked
- Check smoke detectors
- Decrease debt