

Summer 2020 Self-Care Challenge

DAY 1 Make a list of goals for the month.	DAY 2 Sit outside & meditate.	DAY 3 Make lemonade or lemon water. Sip slowly & savor	DAY 4 Go on a hike or a nature walk.	DAY 5 Spend time in the water like a pool or a sprinkler.
DAY 6 Play with water guns, bubbles, or sidewalk chalk.	DAY 7 Have a picnic or take your lunch to the park.	DAY 8 Unplug from technology for the day.	DAY 9 Intentionally drink 8+ cups of water today.	DAY 10 Make a fruit salad.
DAY 11 Go out for ice cream.	DAY 12 Relax to the sounds of nature.	DAY 13 Wear clothes that make you feel good.	DAY 14 Listen to your favorite summer songs.	DAY 15 Ask yourself, "What do I need today?"
DAY 16 Wake up early & watch the sunrise.	DAY 17 Make your own popsicles.	DAY 18 Eat watermelon or your favorite summer fruit.	DAY 19 Take a nap in the middle of the day.	DAY 20 Make plans to visit your local farmer's market.
DAY 21 Make s'mores at a campfire with your family or friends.	DAY 22 Have a BBQ.	DAY 23 Stay inside and read your favorite book.	DAY 24 Get a canvas & paint anything you want.	DAY 25 Take a ton of pictures today.
DAY 26 Stretch and practice yoga.	DAY 27 Go to the beach.	DAY 28 Do a bit of re-organizing around the house or in your room.	DAY 29 Write your thoughts and feelings in a journal or notebook.	DAY 30 Lay out at night & look at the stars.

DAY 31
Reflect on your goals from day one.