

14 Day Self-Care Challenge

DAY 1

write down your worries

DAY 2

3 things you're grateful for



DAY 3

wholesome food & sleep

DAY 4

30 minutes outdoors

DAY 5

do something clever

DAY 6

2 x 10 minutes of meditation

DAY 7

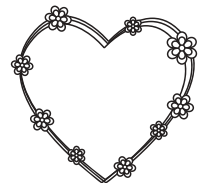
learn something useful

DAY 8

30 minutes exercise

DAY 9

do something FUN



DAY 10

60 minutes alone time

DAY 11

wholesome food & sleep



DAY 12

30 minutes outdoors

DAY 13

30 minutes exercise

DAY 14 (Woohoo!)

3 things you're grateful for