

30 Day

Self-care

Bingo

**Go On
A
Walk**

**Try A
Healthy
Recipe**

**Try
Something
New**

**Get
Outside!**

**Start A
Journal**

**Get On A
Better
Sleeping
Schedule**

**24 Hour
Digital
Detox. No
Phone. No
Tech.**

**Declutter
Your
Personal
Spaces**

**Express
Your
Gratitude
To
Somebody**

**Go On A
Solo Date**

**Enact A
Random
Act Of
Kindness**

**Write 10
Kind
Things
About
Yourself**

**Have A
Cozy
Staycation**

Sleep In

**Read A
Book**

**Treat
Yourself**

**Take A
Bubble
Bath**

**Have a
Movie
Marathon
Day**

**Post An
Unfiltered
Selfie**

**Decorate
For The
Holidays**

**Try A
Seasonal
Face
Mask**

**Color Or
Craft**

**Visit A
New Place**

**Hang Out
With Family
or Friend**

**Have A
Yes Day**

Workout

**Take
Somebody
To Coffee**

**Eat A
Seasonal
Meal**

**Go On A
Hike**

**Say
Something
Kind To
Yourself**