30-Day Take Care of You Challenge

Take a 10-minute mindful walk	Write down 3 things you are grateful for	Cook a healthy meal for yourself	Spend 20 minutes meditating	Write a letter to your future self
Practice deep breathing for 10 minutes	Call or meet a friend for brunch	Take a break from your mobile phone for the entire day	Try a new yoga pose	Take a long, relaxing bath
Visit a park or natural reserve	Listen to your favorite music	Spend time with a pet	Do a random act of kindness	Say "No" to a commitment you're not excited about
Write about a happy memory	Try a new hobby or revisit an old one	Watch your favorite movie	Go to bed half an hour earlier	Do something spontaneous
Buy yourself a small (or large) gift :)	Read a chapter of a book	Try a new tea or coffee flavor	Spend time in the sun	Write down 3 things you love about yourself
Practice mindfulness while doing a daily task	Take the day off chores and errands	Stretch for 10 minutes	Do something creative	Reflect on the progress you've made this month