

30 Day Self Care

CHALLENGE

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- 
- Take some exercise
 - Read a book
 - Have a DIY pamper day
 - Cook something nice
 - Treat yourself
 - Catch up with family
 - Make a bucket list
 - Unplug from social media
 - Donate or volunteer
 - Try a new hobby
 - Purge wardrobe/closet
 - Practice meditation
 - Start a journal
 - Do something creative
 - Listen to an inspirational podcast
 - Bake a cake
 - Meet a friend for coffee
 - Go for a walk in nature
 - Make a goals list
 - Get a massage
 - Watch your favourite movie
 - Learn a new skill
 - Buy yourself something nice
 - Make a gratitude jar
 - Help someone
 - Organise finances
 - Have a social media purge
 - Watch the sunset
 - Have a netflix day
 - De-clutter home

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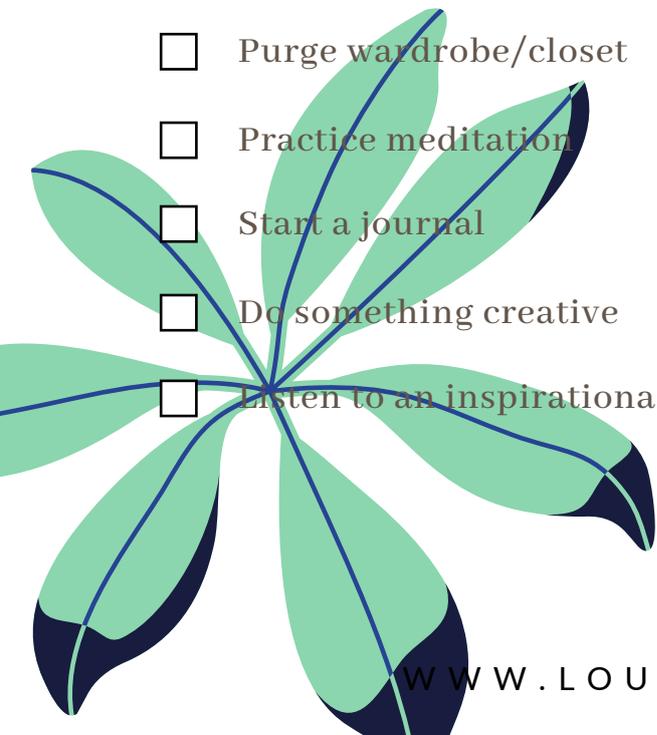
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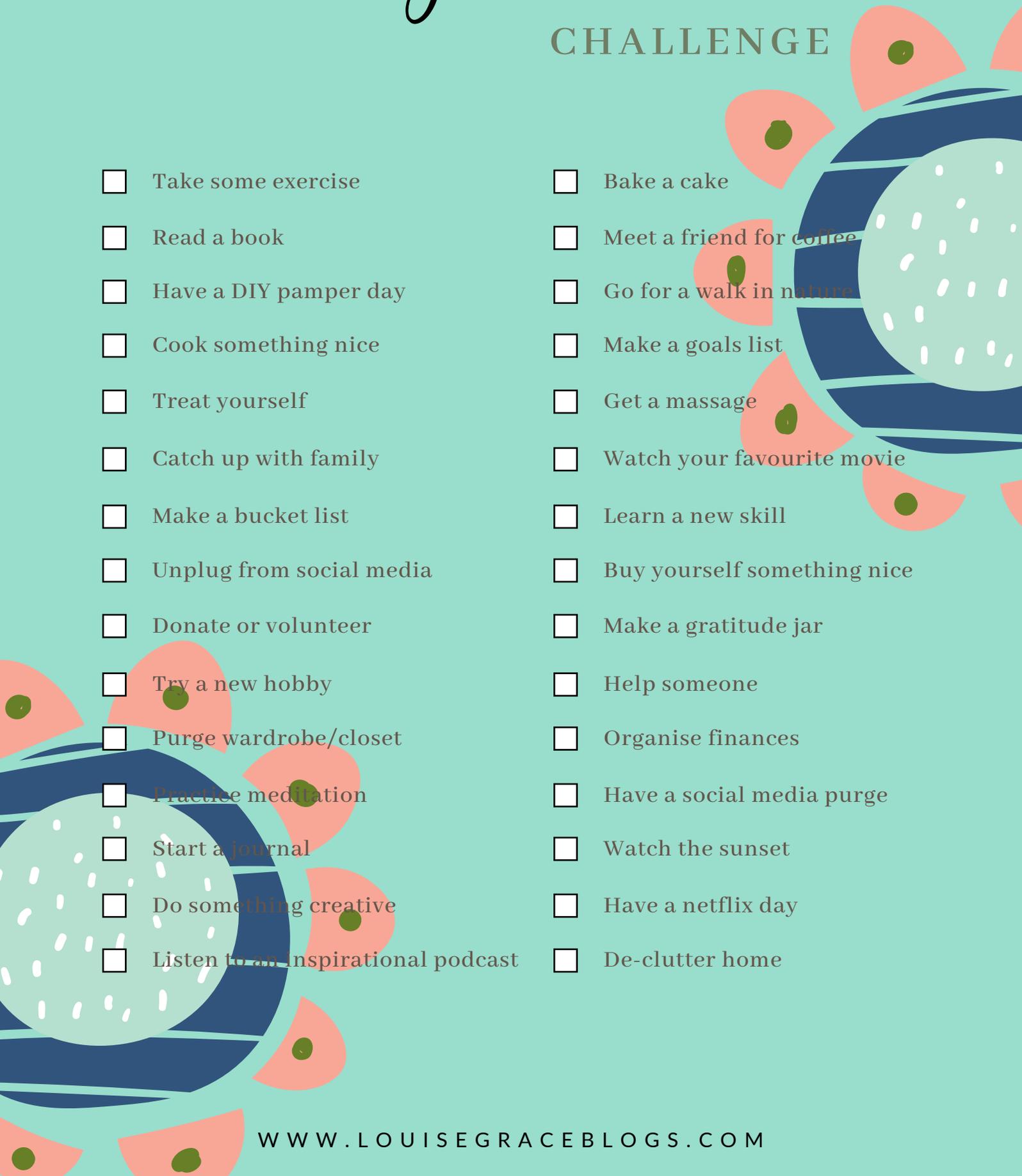
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