



10-Day Spring *Self-Care Challenge*

Day 1

Try yoga, meditation, or a new workout.

Day 2

Pamper yourself!

Day 3

Buy your favorite flowers.

Day 4

Create a bedtime routine you will stick to.

Day 5

Get outside for a walk and enjoy nature.

Day 6

Make a list of goals you CAN accomplish by summer.

Day 7

Spend time unplugged today, or all day if you can.

Day 8

Find a new podcast or TED Talk on a topic you enjoy.

Day 9

Organize at least one area of your home.

Day 10

Grab your calendar and mark a self-care day each month.

