



21 DAYS
**SELF-CARE
CHALLENGE**

21 DAYS SELF-CARE CHALLENGE

Day 1 - Emotional Check-In

Write down how you're feeling and be honest with yourself.

- Activity:** Create a mood tracker. Draw a grid with 21 boxes, one for each day. Use colors or emojis to represent your mood each day.
- Bonus:** Write a letter to your future self about how you hope to feel at the end of this challenge.

Day 2 - Goal Setting

Set a new goal & break it down into steps.

- Activity:** Create a vision board representing your goal. Use magazine cutouts, drawings, or printed images.
- Bonus:** Share your goal with a friend or family member for accountability.

Day 3 - Gratitude Practice

Write a gratitude list.

- Activity:** Take photos of 5 things you're grateful for today.
- Bonus:** Send a thank you note to someone who has positively impacted your life.

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Day 4 - Learning Day

Dedicate an hour each day to learn something new.

- Activity:** Sign up for a free online course on a topic that interests you.
- Bonus:** Teach someone else what you've learned today.

Day 5 - Reading Challenge

Pick up a book and read one chapter each day.

- Activity:** Join or start a virtual book club to discuss your chosen book.
- Bonus:** Write a short review or reflection on what you've read so far.

Day 6 - Exercise Routine

Exercise for 30 minutes everyday.

- Activity:** Try a new form of exercise (e.g., yoga, dance) using free online videos.
- Bonus:** Track your steps and try to increase them by 1000 each day.

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Day 7 - Self-Compassion Day.

Practice self-compassion through self-care activities.

- Activity:** Write down 3 things you love about yourself and why.
- Bonus:** Give yourself a compliment out loud every time you pass a mirror today.

Day 8 - Journaling

Practice journaling your feelings at the end of the day to release any built-up tension.

- Activity:** Try a guided journaling prompt (e.g., "What would I do if I knew I couldn't fail?").
- Bonus:** Write a poem or short story expressing your emotions.

Day 9 - Morning Routine

Wake up half an hour early and create a new morning routine.

- Activity:** Try morning pages - write three pages of stream of consciousness thoughts upon waking.
- Bonus:** Prepare a special breakfast to start your day on a positive note.

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Day 10 - Positive Reframing

Replace "I have to" with "I get to"

- Activity:** Make a list of 10 things you usually say "I have to" about and reframe them positively.
- Bonus:** Share your reframed statements on social media to inspire others.

Day 11 - Habit Change

Choose one habit you'd like to change (e.g., less phone time, more water).

- Activity:** Download a habit tracker app to monitor your progress.
- Bonus:** Reward yourself with something small each time you stick to your new habit.

Day 12 - Digital Detox

Take a break from social media for the day.

- Activity:** Write a handwritten letter to a friend or family member.
- Bonus:** Go for a nature walk and practice mindfulness, focusing on your surroundings.

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Day 13 - Declutter and Organize

Organise a small space in your home (a drawer, desk, etc.)

- Activity:** Donate or recycle items you no longer need.
- Bonus:** Create a minimalist challenge for yourself (e.g., get rid of one item per day for a week).

Day 14 - Better Sleep Hygiene

Unplug one hour before bed.

- Activity:** Create a relaxing bedtime routine (e.g., gentle stretching, reading, herbal tea).
- Bonus:** Try a guided sleep meditation or bedtime story app.

Day 15 - Positive Affirmations

Stick your self-affirmations on a mirror.

- Activity:** Record yourself saying your affirmations and listen to them throughout the day.
- Bonus:** Create affirmation cards to carry with you or share with friends.

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Day 16 - Mindfulness Practice

Take 10 minutes for quiet reflection or meditation.

- Activity:** Try a mindful eating exercise with a favourite snack or meal.
- Bonus:** Practice a body scan meditation before bed.

Day 17 - Creativity Day

Do something creative.

- Activity:** Start an art journal, combining drawings and words to express yourself.
- Bonus:** Host a virtual "show and tell" with friends to share your creative projects.

Day 18 - Financial Wellness

Manage your finances.

- Activity:** Create a simple budget or review your existing one.
- Bonus:** Research and implement one money-saving tip.

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Day 19 - Self-Care Reflection

Reflect on the self-care activities that worked best for you.

- **Activity:** Create a "self-care menu" of your favourite activities from the challenge.
- **Bonus:** Share your top 3 self-care tips on social media to inspire others.

Day 20 - Future Planning

Set one intention for how you'll continue self-care after the challenge.

- **Activity:** Create a 30-day plan to incorporate your favourite self-care activities into your routine.
- **Bonus:** Find an accountability partner to check in with regularly about your self-care goals.

Day 21 - Celebration

Celebrate your progress by doing something you love.

- **Activity:** Write a letter to yourself acknowledging your growth and achievements during the challenge.
- **Bonus:** Plan a (virtual) self-care party with friends who also completed the challenge.



YOU CAN STILL
LOVE YOURSELF
AND BE
A WORK IN
PROGRESS