



# The *Ultimate* 30-Day Self-Care Challenge for Moms

Choose one of these self-care activities (or substitute any you'd like) each day for the next 30 days.  
And remember: self-care isn't selfish!



- |   |  |
|---|--|
| <input type="checkbox"/> Day 1: Write a thank-you note      | <input type="checkbox"/> Day 16: Color                     |
| <input type="checkbox"/> Day 2: Take a micro-nap            | <input type="checkbox"/> Day 17: Day off of social media   |
| <input type="checkbox"/> Day 3: Watch something funny       | <input type="checkbox"/> Day 18: Observe nature            |
| <input type="checkbox"/> Day 4: Read for 20 minutes         | <input type="checkbox"/> Day 19: Start a new AM routine    |
| <input type="checkbox"/> Day 5: Drink 80 oz. of water       | <input type="checkbox"/> Day 20: Meditate                  |
| <input type="checkbox"/> Day 6: Listen to audiobook/podcast | <input type="checkbox"/> Day 21: Get a haircut             |
| <input type="checkbox"/> Day 7: Wake up before your kids    | <input type="checkbox"/> Day 22: Brain dump                |
| <input type="checkbox"/> Day 8: Try a new beauty product    | <input type="checkbox"/> Day 23: 4-7-8 Breathing           |
| <input type="checkbox"/> Day 9: Call an old friend          | <input type="checkbox"/> Day 24: Take a warm bath          |
| <input type="checkbox"/> Day 10: Try a new herbal tea       | <input type="checkbox"/> Day 25: Dance party               |
| <input type="checkbox"/> Day 11: Repeat 5 affirmations      | <input type="checkbox"/> Day 26: Try a new face mask       |
| <input type="checkbox"/> Day 12: Take yourself to lunch     | <input type="checkbox"/> Day 27: Personal mani/pedi        |
| <input type="checkbox"/> Day 13: Declutter your purse/car   | <input type="checkbox"/> Day 28: Give up sugar for the day |
| <input type="checkbox"/> Day 14: Gratitude list             | <input type="checkbox"/> Day 29: Start a bedtime routine   |
| <input type="checkbox"/> Day 15: Try a new exercise regimen | <input type="checkbox"/> Day 30: 30-minutes of hobby time  |



# Personal Habit Tracker

Dates: \_\_\_\_\_

After your 30-Day Self-Care Challenge, choose your 2 favorite self-care activities and track them to make them a habit!

## Habit 1: \_\_\_\_\_

S	M	T	W	Th	F	S
S	M	T	W	Th	F	S
S	M	T	W	Th	F	S

S	M	T	W	Th	F	S
S	M	T	W	Th	F	S
S	M	T	W	Th	F	S

S	M	T	W	Th	F	S
S	M	T	W	Th	F	S
S	M	T	W	Th	F	S

## Habit 2: \_\_\_\_\_

S	M	T	W	Th	F	S
S	M	T	W	Th	F	S
S	M	T	W	Th	F	S

S	M	T	W	Th	F	S
S	M	T	W	Th	F	S
S	M	T	W	Th	F	S

S	M	T	W	Th	F	S
S	M	T	W	Th	F	S
S	M	T	W	Th	F	S