

# 31 Days of Self-Care

<p>1</p> <p>Eat Clean</p> 	<p>2</p> <p>Read or Podcast</p> 	<p>3</p> <p>Meditate</p> 	<p>4</p> <p>Clean</p> 	<p>5</p> <p>FaceTime a Friend</p> 	<p>6</p> <p>Wine Night</p> 	<p>7</p> <p>Spa Day</p> 
<p>8</p> <p>Pick up a New Skill</p> 	<p>9</p> <p>Buy Flowers</p> 	<p>10</p> <p>DIY Day</p> 	<p>11</p> <p>Practice Gratitude</p> 	<p>12</p> <p>Hydrate</p> 	<p>13</p> <p>Compliment Someone</p> 	<p>14</p> <p>Cuddle</p> 
<p>15</p> <p>Coffee in Bed</p> 	<p>16</p> <p>Take a Walk</p> 	<p>17</p> <p>Turn Off Electronics</p> 	<p>18</p> <p>Dance Party</p> 	<p>19</p> <p>Cook a New Recipe</p> 	<p>20</p> <p>Write Down Your Goals</p> 	<p>21</p> <p>Yoga Day</p> 
<p>22</p> <p>Take a Deep Breath</p> 	<p>23</p> <p>Say Yes to Something Fun</p> <p>YES</p>	<p>24</p> <p>Watch a Movie</p> 	<p>25</p> <p>Do an Act of Kindness</p> 	<p>26</p> <p>Catch Up With Family</p> 	<p>27</p> <p>Say Yes to Something Fun</p> <p>YES</p>	<p>28</p> <p>Shopping Spree</p> 
<p>29</p> <p>Make a New Friend</p> 	<p>30</p> <p>Gardening</p> 	<p>31</p> <p>Take a Nap</p> <p>ZZ</p>	<p>Health </p> <p>Mindful </p> <p>Active </p> <p>Connect </p>			