

Gettin' My Mind Right LLC

30 Day Self-Care List

Self-Care has been a hot topic for some time now. However, the focus is primarily on physical self-care. This self-care list will help you to look at your self-care routine in a holistic way. This list does not need to be completed in a specific order; but, a tool to help you to increase your self-care routine! The hope is that you will begin to increase consistency with taking care of yourself, in all areas! Feel free to check off as you go!

Day 1	Write at least three positive affirmations, that you will see daily.	Day 16	Take a walk or ride.
Day 2	Change your phone wallpaper to an inspiring quote.	Day 17	Do a 30-minute meditation.
Day 3	Write a journal entry, when you are feeling good/positive.	Day 18	Spend time with someone/something you love.
Day 4	Purchase your favorite flowers.	Day 19	Watch a movie that makes you laugh.
Day 5	Write down three things you are grateful for.	Day 20	Take a hot bubble bath.
Day 6	Do something you love to do.	Day 21	Clean your room.
Day 7	Write a love letter to yourself and put "Open When Feeling Unloved."	Day 22	Make your bed.
Day 8	Call your best friend to check in.	Day 23	Check your credit report/score.
Day 9	Schedule a date with one of your closest friends.	Day 24	Make at least one meal, avoid ordering out.
Day 10	Ask three people in your inner circle to identify what they like about you the most.	Day 25	Ask someone to be your financial accountability partner.
Day 11	Send a text to a friend you haven't talked to in a couple of weeks to check in.	Day 26	Create a "No Spend" guide.
Day 12	Compliment at least one person!	Day 27	Donate something to a thrift store.
Day 13	Write a letter to someone.	Day 28	Go through your transactions from the past month, identify where you can begin to spend less.
Day 14	Leave an inspiring comment on a friend's page.	Day 29	Create a budget.
Day 15	Dance to your favorite song!	Day 30	Create a financial SMART goal.

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