



Self-Care



FOR A BAD DAY CHALLENGE

TRY
AFFIRMATION

WALK
IN NATURE

MAKE A
VISION BORD

BREATHE
DEEPLY

COOK YOUR
FAVORITE MEAL

WRITE
A JOURNAL

WATCH
THE SUNRISE

GO FOR
A LONG WALK

LIGHT YOUR
FAVORITE CANDLE

WRITE 5
THINGS YOU
LOVE

EXERCISE
OR YOGA

SLEEP



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