

DATE: January Self Care Challenge



NO.	
Jan 5	Go for a walk outside
Jan 6	Do something nice for someone else
Jan 9	Declutter your space
Jan 10	List 3 things you're grateful for
Jan 11	Have a dance party with yourself or friends
Jan 12	Write a letter to yourself you can open at the end of the year
Jan 13	Identify a social media account that makes you feel negative and unfollow
Jan 16	Change your bedding
Jan 17	Find a podcast and listen
Jan 18	Do a yoga practice
Jan 19	Create an affirmation card
Jan 20	Go outside at night and look at the stars
Jan 23	Play a board or card game with friends
Jan 24	Compliment someone else
Jan 25	Take an hour free of technology
Jan 26	Paint project in the hub or sketch independently
Jan 27	Write down on positive thing about your day
Jan 30	Listen to music
Jan 31	Text a friend and tell them why they matter to you

