

30-Day FREE Self-Care Calendar



5-minute breathing exercise



Read motivational quotes



Stretch with gentle exercise



Sip your coffee or tea slowly, without distractions



Plan your day with a positive mindset



Take a bubble bath



Meditate or listen to positive affirmations



Hand or foot massage with lotion



Light a candle and enjoy calm atmosphere



Sit outside and listen to nature



10-minute walk and get some fresh air



Dance to your favorite song



Do simple yoga poses using a free YouTube tutorial



Session of Kegels to strengthen your pelvic floor



Stretch your body while waiting in the car



Doodle or sketch with paper and pen



Write a kind note to yourself, family member or best friend



Plan a DIY project



Look through happy old family photos



Spend time on a favorite hobby like knitting or crafting



Watch the sunrise or sunset



Write down 3 things you're grateful for



Take an intentional break from social media



Journal about a recent success



Write down your goals or start a vision board



Stargaze in your backyard



Listen to your favorite podcast or audiobook, or read a book



Watch a funny or uplifting video online



Hydrate with a big glass of water



Plan something fun, like a family game night