

# Self Care Challenge

30 Days with Toledo Moms



TOLEDO MOMS<sup>SM</sup>



Just pick one each day and keep track with our checklist!

- 1** Take 10 min for Yoga
- 2** Bake your favorite dish
- 3** Meditate for 5 minutes
- 4** Restart a favorite book
- 5** Take a leisurely walk
- 6** Write a list of LOVES
- 7** Hug your little one(s)
- 8** Call a friend and chat
- 9** Do some easy reading
- 10** Binge your favorite show
- 11** Eat your favorite sweet
- 12** Eat your favorite veggie
- 13** Exercise an extra 20 min
- 14** Take a NAP
- 15** Write a journal entry
- 16** Take a Sunday Drive
- 17** Color or Paint a Picture
- 18** Plan your next holiday
- 19** Decorate your space
- 20** Have a Date Night
- 21** UNPLUG for a day
- 22** Watch a good RomCom
- 23** Read a Romance novel
- 24** Tell yourself a compliment
- 25** Declutter a messy spot
- 26** Cook your favorite meal
- 27** Pamper Yourself
- 28** Do a diff makeup look
- 29** Listen to your fave song
- 30** Email your old friend