



30 DAYS OF SELF-CARE



calie calabrese



Self-Care is any intentional action taken to meet an individual's physical, mental, spiritual, or emotional needs. It's all the little ways we take care of ourselves to enhance our health and achieve more balance in our lives.

Day 1

Write a list of 10 things you love about yourself.

Day 2

Start your day listening to music that motivates or inspires you.

Day 3

Soak in a hot bath for 20 minutes. Add epsom salts or essential oils for added relaxation and health benefits.

Day 4

Create a new outfit or clothing combination from the clothes already in your closet. Use pinterest for outfit inspiration.

Day 5

Practice mindful breathing. One hand on your stomach and one hand on your chest. Try to breathe deep and feel your stomach expand, but don't let your chest rise. Take 10 breaths this way at least 3 times today.

Day 6

Call or text an old friend just to say hi.

Day 7

Start a gratitude list. List at least 5 things from your week that you are grateful for.

Day 8

Set an intention to try 5 minutes of meditation before bed each night this week. Try the Relax & Rest meditation app to help you get started.

Day 9

Exercise for 30 minutes. Take a walk, try a new class, or just put on some music and dance in your living room.

Day 10

Drink 1/2 your body weight in ounces of water today. Notice how it effects your skin, hunger, cravings and energy.

Day 11

Write an affirmation for yourself. Choose one negative thought you have about yourself and write down the positive opposite that counteracts it. Keep it short. Start with I. Write it in the present tense. Don't use phrases like "I want" or "I need" Write it as if you already have it or are it. Use "I am" statements. Try adding an emotional sentiment to your affirmation "I am excited.." "I am happy..." "I am open.."

Day 12

Purchase or make a homemade face mask and pamper your face before bed tonight.

Day 13

Stretch for 10 minutes as soon as you wake up this morning.

Day 14

Prep [healthy snacks](#) for the week.

Day 15

Find an inspirational quote for the week and put it somewhere you will see it every day.

Day 16

Tell someone why you are grateful for them.

Day 17

Eat only plant based foods today. No animal products.

Day 18

Make plans to get coffee, tea or a cocktail with a friend. Check out my Instagram [@coachcalie](#) for ideas and inspiration.

Day 19

Get rid of something toxic in your home and replace it with a natural alternative. Try starting with your deodorant. Check out [this video](#) for my tips on switching.

Day 20

Download a meditation coloring page, sit in a quiet place and color for 15 minutes. Clear your mind and just enjoy the experience. Coloring reduces stress and spurs mental focus and creativity.

Day 21

Have a picnic. Spread out a blanket and eat lunch on it. You can do this indoors, in your backyard or at a local park. Just make it fun and relaxing.

Day 22

Watch a movie that inspires you to make healthy choices in your life. Try What the Health, Forks Over Knives or Food Inc.

Day 23

Purchase an [air cleaning house plant](#) for your bedroom and/or office.

Day 24

Buy yourself flowers.

Day 25

[Dry brush](#) from your toes to your head before your morning shower. Spend a minimum of 5 minutes, but up to 15 if you have the time.

Day 26

Take 5 minutes before bed to write a to do list for the next day. Getting it down on paper and out of your head will help you rest better.

Day 27

Find a podcast you love and start listening to it when you're in the car. Ask a trusted friend for a recommendation or search for a topic you're interested in learning more about and check out the top recommendations.

Day 28

Buy a Groupon to try something you've always wanted to do but haven't. A dance class, art class, cooking class, new restaurant or even a massage.

Day 29

Check out a local farmers market and pick some fresh ingredients. Cook dinner for yourself (and maybe a friend) and have a glass of wine, fresh flowers, music... any touches that make it special.

Day 30

Complete the journal and burn exercise explained here. Set a timer and write for 12 minutes without stopping or really thinking. Just write what your'e feeling. Stop at exactly 12 minutes. Don't read it. Roll it up. Take it outside and burn it.