

Self Improvement

30 Self-care Challenges

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Stretch all your muscles	Drink more water	Go for a walk in nature	Indulge in your favorite treat	Go to bed earlier
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Listen to favorite song	Eat vegetarian meals	Take a nice bubble bath	Cook your favorite meal	Practice yoga
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Go on a solo date	Journaling	Give yourself a facial	Practice gratitude	Try a DIY Project
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Watch the sunrise	Read a book	Explore a new city	Watch your favorite movie	Give yourself a manicure
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Get some sunlight	Start a new hobby	Write out your goals	Organize your closet	Watch the sunset
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Give yourself a break	Learn a new skill	Create your ideal future	Surround yourself with positivity	Drink plenty of water