

SELF - CARE

30 Day Schedule

Self-care is the attention you give to caring for your well-being needs. Self-care is the foundation of any self-development or spiritual awakening work. When you put your needs first and attend to them, not only do you develop a strong internal support system, but you also develop a deeper connection to yourself.

Self-care lets you know that you care and love yourself. There may be resistance if self-care is unfamiliar, but with patience, practice, and perseverance, this channel of love you have for yourself will blossom. Notice how your energy shifts as you listen to your needs.

Self-care strengthens the internal channel to listen to yourself. Beginning your self-work with awakened self-listening skills will move you through your transformation more profoundly. Notice how your energy shifts as you listen to your needs.

Self-care lets you know you are important, valuable, and worthy of time and attention. Just as you show care for the people, animals, or plants you love, you too deserve the gift of your care. Self-care is a love language.

Follow the 30-day self-care routine to awaken the different parts of your being. To go deeper into the journey, journal how each activity felt to you. Note down any resistance, ease, and anything that moved through you.

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30 Day Schedule

Use the tracker to help keep you accountable for your 30 days of self-care.

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| DAY 1: Set an intention for the next 30 days | DAY 16: Practice 10 minutes of meditation |
| DAY 2: Clean your personal space | DAY 17: Write yourself a kind letter |
| DAY 3: Write 5 things that bring you joy | DAY 18: Plan an adventurous trip for the near future |
| DAY 4: Call a friend | DAY 19: Write 3 affirmations to focus on this week |
| DAY 5: 15 minutes of Yoga. | DAY 20: Call a friend |
| DAY 6: Express yourself through a creative art project | DAY 21: Intentional rest day |
| DAY 7: Intentional rest day | DAY 22: Write your dreams out |
| DAY 8: Write 3 things you are grateful for | DAY 23: Have a pamper evening |
| DAY 9: Have a bath or long shower to relax | DAY 24: Write 3 things you achieved today |
| DAY 10: Try something new today | DAY 25: Sit under a tree for 15 minutes |
| DAY 11: Spend 10 minutes focusing on your breath | DAY 26: Take yourself on a solo date |
| DAY 12: Go for a long walk in nature | DAY 27: Follow a visualisation meditation |
| DAY 13: Spend time exploring new music | DAY 28: Intentional rest day |
| DAY 14: Intentional rest day | DAY 29: Smile at yourself in the mirror |
| DAY 15: Start a new book or hobby | DAY 30: Journal to reflect on your 30 days |

SELF-CARE

30 Day Tracker

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