

# 7-Day Self Care Challenge

DAY

1

## PHYSICAL WELLNESS

Spend 15 minutes today doing a form of exercise you enjoy. That could include yoga, walking, etc.

DAY

2

## MENTAL WELLNESS

Manage your stress levels by enjoying a short, relaxing body or foot massage.

DAY

3

## EMOTIONAL WELLNESS

Carve out 20 minutes in your day to spend time on a hobby, or anything you enjoy.

DAY

4

## FINANCIAL WELLNESS

Create a budget for the day, and stick to it.

DAY

5

## RELATIONSHIP WELLNESS

Find something you need help with, and ask your support system for help!

DAY

6

## SPIRITUAL WELLNESS

Find 10 minutes of quiet time to pray and/or meditate.

DAY

7

## INTRAPERSONAL WELLNESS

Write down two great affirmations at the beginning of your day. Keep them on hand, review them, and repeat them throughout the day.

*You made it. Congratulations!*