

30 Days of Self Care

1. Start a daily journal
2. Remove 5 things from your space you don't use or don't like
3. Put seasonal clothing away
4. Track your water intake (aim for 8,8oz glasses/day)
5. Plan your meals for the next 2 weeks
6. Research something you know nothing about
7. Pick one area of your space and declutter
8. Identify which activities give you the most joy
9. Pick an activity from #8 and do it
10. Create a morning routine that works for your family
11. Connect with an old friend
12. Clean out social media from sites/people who don't bring you joy
13. Do a 'Brain Dump' of all of the things that have been overwhelming you
14. If something has been overwhelming you pick a friend and vent about it. Thank them afterwards for listening.
15. Make a list of volunteer opportunities and chose one to start
16. Check your credit score and set financial goals
17. Plan a getaway for the future
18. Spend 10 minutes thinking about your morals/ideals
19. Write down everything that you are grateful for
20. Educate yourself on the history of your town/city
21. Watch a sunset or sunrise
22. Create a 'happiness" jar - write down things that make you happy
23. Write a letter to a loved one
24. Try a new recipe
25. Organize family photos
26. Start reading a new book
27. Complete a random act of kindness
28. Revisit a childhood hobby
29. Spend an hour in nature
30. Write down 5 goals and post them on your fridge

Remember self care isn't selfish, it's necessary.



BRACEBRIDGE
The Heart of Muskoka