

30 DAYS OF SELF CARE

by @loveyourfitnesslyf

Self care is not just about getting facials, massages and bubble baths - as it is so often misconstrued to be.

Of course it can be those things, but it can also be about life organising, affirmations, new challenges, smashing goals.

Anything to stimulate the parts of your brain where you sometimes forget you can go to, to receive love, and self acceptance.

- this is paraphrased from a conversation Abbie Chatfield had on her podcast 'It's A Lot' with Pheobe Parsons (@confessionsoftrainwreck).

1

Wake up, and set your intention for the day. Eg. Today I will...

2

Download the Asana app and set up 3 new goals.

3

Try a 20 minute guided meditation.

4

Go to bed early tonight (whatever early is for you).

5

Appreciate your body. **What feature do you love??**

6

Delegate something off your to-do list. Feel good letting that one item go

7

Make a playlist of your favourite songs. **No self judging!**

8

Wear something that you love.

9

Set up a relaxation zone in your house.

10

Switch off your phone notifications for an entire day

*Omg!?!? *deep breaths**

11

Spend 1 hour doing something that helps you relax.

12

Take yourself on a date.

13

Watch your fave show or movie. #NetflixandChill

Today, let go of the idea that something has to be perfect to be finished. 14

Tidy up a spot in the house you've been meaning to get to for a while. 15

16

Celebrate an achievement today, no matter how small.

17

Listen to your playlist from 7.

18

Ask someone why they are glad to have you in their life.

19

Tell someone what you love about them.

Write a letter to yourself as if you were talking to your best friend. 20

21

Write in your journal or on your blog

22

Make or order your favourite meal.

23

Do something you loved doing as a kid.

Say NO to an obligation that you've been feeling unsure about. 24

25

Choose your outfit the night before. Rock it today!

26

Walk somewhere unexpected.

27

Start reading a book you've had on your list for too long!

28

Dance around your room for 10 minutes.

29

Reward yourself with a massage, manicure or facial. Enjoy it!

30 Jump for joy! You have completed 30 days of self care! <3

How do you feel?!