

30 days Self-Care challenge

Day 1

Start morning with prayer time

Day 2

Read one inspiring Bible verse

Day 3

Prepare a healthy meal

Day 4

Stretch for 10 minutes

Day 5

Listen to uplifting worship music

Day 6

Get at least 8 hours of sleep

Day 7

Unplug from electronics for an hour

Day 8

Take a gratitude prayer walk

Day 9

Write down 3 things you're grateful for

Day 10

Write a letter to God

Day 11

Memorize a favorite Bible verse

Day 12

Speak kindly to yourself today

Day 13

Light a candle, make coffee or tea

Day 14

Write a letter to your future self.

Day 15

Reach out to a friend

Day 16

Write down your biggest answered prayer

Day 17

Pray before checking your phone

Day 18

Spend time with family

Day 19

Speak to yourself as God sees you

Day 20

Take a walk & reflect on creation

Day 21

Say a scripture-based affirmation

Day 22

Read Philippians 4:6-7

Day 23

Serve someone in a small or big way

Day 24

Do a digital detox for one day

Day 25

Do something creative as worship

Day 26

Create an evening routine

Day 27

Give yourself permission to rest without guilt.

Day 28

Meditate on Psalm 46:10

Day 29

Pray over a dream or goal and surrender it

Day 30

Celebrate your progress!