

30 Days of Self-Care



Remember to send your commitment messages to cassidy@vital7.com or DM @2cmoorenow on Instagram!

 Roll feet	Close your eyes and do nothing	 Stretch	 Strengthen	 Foam roller
Write 5 things you're grateful for	Give a hug/receive a hug/cuddle	 Breathe	 Say no	Listen to your favorite song or piece of music
 Pet your pet	Be in the present moment	Listen to your favorite comedian	Enjoy your favorite sweet treat	Dance like no one is watching
Tell yourself some things you like about yourself	Book a self-care related appointment	 Spend time with nature	Play with your kids, pets, or both	 Talk to a close friend
 Meditate	Listen to your favorite comedian	Create a note about what helps you feel better	Sing out loud like no one is listening	Read a chapter of your current book or start a new one
Bathe/shower with the intention to use this time for self care	 Do something creative	 Create a journal entry	Make an appointment with an acupuncturist	 Enjoy a cup of herbal tea

