

# WINTER SELF CARE 30 DAY CHALLENGE

- Enjoy a cup of peppermint hot chocolate.
- Send out appreciation cards to your loved ones.
- Stay hydrated and start a water log in your journal.
- Bake sweet treats.
- Decorate your place with twinkling lights!
- Make a cute craft alongside the kids.
- Invest in a few winter wellness must-haves.
- Do a Thank Attack!
- Take a cozy photo and post it on Insta!
- Complete a random act of kindness
- Plan an outdoor activity.
- Go on a special car trip.
- Give a small gift to people in your neighborhood!
- Have a cozy night in — pjs and a holiday candle!
- Donate blankets and food to an animal shelter.
- Make dinner with seasonal veggies.
- Watch a cheesy movie that makes you laugh.
- Play nostalgic board games with your friends.
- Knit or crochet yourself a cozy scarf and mittens.
- Run a bath and listen to instrumental music.
- See a holiday musical or show even if it's online.
- Rest your body and take a nap.
- Complete a page of a grown up coloring book.
- Create a self care kit for traveling.
- Get some fresh air.
- Calm your mind with soft winter sounds.
- Start a fun & meaningful project, like a scrapbook!
- Write down a list of goals for the new year.
- DIY winter themed skincare products!
- Read a book as the snow falls outside