

# Thirty Days of Selfcare

1

Plan your goals for this semester

2

Go on a walk

3

Read/start a book

4

Take a Bath

5

Cook your favourite meal

6

Write in a journal

7

Have a study session

8

Compliment a stranger

9

Listen to a podcast/TED talk

10

Exercise for 30 minutes

11

Unplug for one hour

12

Try a new recipe

13

Go to bed early

14

Write out 3 things you're good at

15

Get your favourite beverage

16

Hangout with a friend

17

Learn a new fact

18

Create a Bucket List

19

Make a healthy breakfast

20

Clean out your closet

21

Cuddle your pet

22

Look at old photos

23

Watch your favourite movie

24

Wear your favourite outfit

25

Have a nap/sleep in

26

Call someone you miss

27

Listen to calming music

28

Try a meditation

29

Establish a morning routine

30

Remind yourself you're amazing!