

# 4 WEEK CHALLENGE *Self-Care*

Physical - Emotional - Mental - Intellectual - Spiritual - Social - Practical

## PHYSICAL

**Groom yourself**

**Avoid sugar, eat healthy & drink at least 2L water**

**Get moving, do some physical exercise**

**Create the conditions for a proper night's rest**

## EMOTIONAL

**Allow yourself a digital detox. Unplug from internet, your phone, TV.**

**Watch a comedy, or your favorite stand-up. Laugh! Get them juices flowing**

**Get creative! i.e. draw/paint/doodle a mandala**

**Cultivate awareness for things you are grateful for in life**

## MENTAL

**Recite a positive affirmation**

**Write down one or a few short-term & long-term life goals**

**Define what stresses you**

**Collect words & images into one place that inspire and motivates you**

## INTELLECTUAL

**Watch a documentary**

**Educate yourself on a new topic by doing research about it.**

**Listen to an inspiring podcast.**

**Challenge yourself to do something for the first time**

## SPIRITUAL

**(Follow a guided) meditation**

**Create or re-organize your personal Zen space**

**Focus on forgiveness**

**Write down the dreams you had**

## SOCIAL

**Prepare a healthy meal for your partner/friend**

**Give random people a heartfelt compliment**

**Send your friends a message why they mean so much to you**

**Show some love to animals**

## PRACTICAL

**Declutter a closet/drawer that's been unorganized for too long.**

**Donate or upgrade clothes/shoes you don't wear**

**Do one thing you've been procrastinating**

**Simplify/re-edit your to-do's**