



30 DAYS OF GENTLE SELF-CARE

(SMALL THINGS. NO PRESSURE.)

<input type="checkbox"/> Set one gentle intention for the month	<input type="checkbox"/> Practice deep breathing or meditation for 10 minutes	<input type="checkbox"/> Note 3 things you're grateful for today	<input type="checkbox"/> Step outside for fresh air	<input type="checkbox"/> Tidy one small space
<input type="checkbox"/> Call or text a friend to catch up	<input type="checkbox"/> Cook a healthy meal or try a new food	<input type="checkbox"/> Practice yoga or gentle stretching	<input type="checkbox"/> Repeat a kind thought about yourself today	<input type="checkbox"/> Create a calmer bedtime routine
<input type="checkbox"/> Write things down to clear your head	<input type="checkbox"/> Set aside time for your favorite hobby	<input type="checkbox"/> Spend time doing something you enjoy	<input type="checkbox"/> Unplug from technology for an hour or longer	<input type="checkbox"/> Create a playlist you love
<input type="checkbox"/> Slow down during an everyday task	<input type="checkbox"/> Take time for a simple, calming activity	<input type="checkbox"/> Read or watch something that feels uplifting	<input type="checkbox"/> Try a relaxation technique. (Maybe a massage 😊)	<input type="checkbox"/> Take a power nap
<input type="checkbox"/> Think about what you'd like more of this year	<input type="checkbox"/> Do a small act of kindness	<input type="checkbox"/> Treat yourself without guilt	<input type="checkbox"/> Reflect on your accomplishments and growth	<input type="checkbox"/> Connect with nature, visit a park, beach, or woods
<input type="checkbox"/> Write a note to your past or future self	<input type="checkbox"/> Protect your energy today	<input type="checkbox"/> Create a gentle morning routine	<input type="checkbox"/> Practice self-compassion	<input type="checkbox"/> Reflect, not to judge, just to notice