



MY GOAL

SELF-CARE

A challenge to care for yourself in simple ways for your overall happiness.

SUGGESTED GOAL PAIRINGS: Daily Gratitude Photos - Daily Meditation

PROGRESS: For each self-care challenge you complete, color in the box.

SELF-CARE CHALLENGE

<input type="checkbox"/>	Coffee with a loved one
<input type="checkbox"/>	Call a friend
<input type="checkbox"/>	Enjoy a good book
<input type="checkbox"/>	Walk outside
<input type="checkbox"/>	Enjoy a beautiful sunset
<input type="checkbox"/>	Bubble bath
<input type="checkbox"/>	Spa day (or home spa)
<input type="checkbox"/>	Wear favorite outfit
<input type="checkbox"/>	Wear fake eyelashes
<input type="checkbox"/>	Watch a funny movie
<input type="checkbox"/>	Breakfast in bed
<input type="checkbox"/>	Buy new fuzzy socks
<input type="checkbox"/>	Drink water from the fancy glass
<input type="checkbox"/>	Look extra beautiful