

12 DAYS SELF-CARE CHALLENGE

1

Help Someone!

2

Do something creative

3

Stay off social media for a day (or longer)

4

Spend a day alone in nature

5

Declutter your room/apartment

6

Spend time with animals!

7

Give yourself a compliment in the mirror

8

Spend a day alone in nature

9

Spend time with a loved one

10

Watch a comfort show or movie

11

Dance it out!

12

Dress up and take yourself out on a date

Comment "YES" if you are taking this challenge

The Challenge To Care In

Thomas Griffiths



The Challenge To Care In:

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