

30 Day Self-Care Challenge

The purpose of this challenge is try each of these self-care acts and incorporate a few into your self-care ritual. Feel like you don't have time? Well, 4% of your day is 1 hour - you are worth that *and* more!

1. Give yourself a scalp massage
2. Unfollow and unfriend 5 accounts
3. Get to bed before 10pm
4. Take an Epsom salt bath or foot soak
5. Bless your food before you eat
6. Start your day with a green juice or smoothie - try spinach, celery and banana
7. Say no to something
8. Spend 5 minutes and concentrate on making each of your organ smile - your brain, heart, stomach, liver, colon, kidneys
9. Iron or steam your pillow cases or top sheet
10. Make a lavender sheet spray with water and lavender essential oil in a spray bottle - shake and spray on your sheet just before bed
11. Hang out with someone who makes you laugh or go see a comedy show
12. Take a walk outside (even in a big city), and listen to the birds, the grass and the trees
13. Stretch - here's a quick video with 3 easy stretches you can do
14. Spend 5 minutes rolling out your neck
15. Massage the bottom of your feet just before bed
16. Journal for 10 minutes about your day - write down your thoughts, dreams or feelings
17. Buy your self some flowers or a small treat
18. Drink half of your body weight in ounces of water, but not during or right after meals which dilutes your stomach acid

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- 19.** Meal prep two healthy meals for the next day or week ahead - try these no oil, gluten free savory vegan muffins!
- 20.** Download music tuned to 432hz or listen to one of the many posted on YouTube(the natural harmony of nature) to calm your mind and body
- 21.** Organize one rack of clothes or one drawer in your bathroom
- 22.** Light some sage or palo santo and clear your room, house and or office
- 23.** Re-watch your favorite movie
- 24.** Try dry brushing - before you get in the shower, use a dry brush like this one, to stimulate the lymph system by brushing from the bottom of your legs to the top of your body - always directing towards the heart (move up on the legs, arms and abdomen, but move down when you brush your back)
- 25.** Try using a tongue scraper like this one before your brush your teeth to remove any coating on your tongue which is preventing you from fully tasting your food and helps removes toxins from the mouth
- 26.** Eat your meals with your hands, which aids digestion and connects us to our food
- 27.** Let your self be helped/supported - let someone open the door for you, offer to meet you on your schedule, or ask to move a meeting to a different day
- 28.** Swap out 1 toxic beauty product for a non-toxic one like lipstick, deodorant, laundry detergent, shaving cream, or shampoo (Whole Foods is a good place to start). If you want to take it a step further, check out my online course with 5 Easy Ways to Reduce the Toxins in your life
- 29.** Make some ginger tea - helps with digestion and removes mucus from the body
- 30.** Start your morning by not checking your phone - instead pick a word by putting your hand over heart and listen to what your body is telling you - release, patience, believe, let go