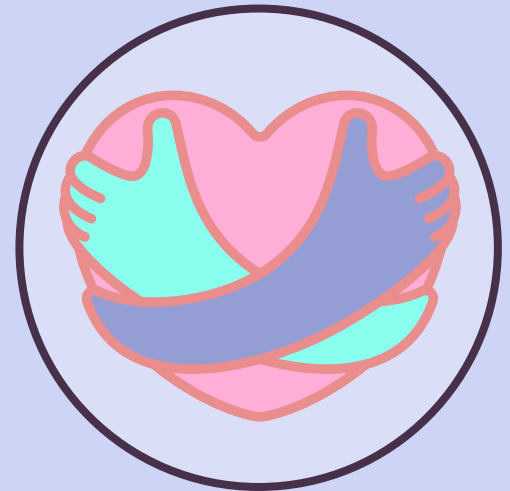




SPARKLE



Self-care Challenge



Month:

Year:

<input type="checkbox"/> Movement of Choice _____	<input type="checkbox"/> Stay Hydrated & Take Vitamins	<input type="checkbox"/> Walk outside for 20 minutes	<input type="checkbox"/> Eat your favorite snack	<input type="checkbox"/> Sleep 7-8 hours a day	<input type="checkbox"/> Sing your favorite songs
<input type="checkbox"/> Learn yoga for beginner	<input type="checkbox"/> Take a warm bath	<input type="checkbox"/> Cook your favorite dish	<input type="checkbox"/> Start to eat healthy	<input type="checkbox"/> Take a me-time	<input type="checkbox"/> Start journaling
<input type="checkbox"/> Do skincare ritual	<input type="checkbox"/> Practice meditation	<input type="checkbox"/> Practice gratitude	<input type="checkbox"/> Try to craft something	<input type="checkbox"/> Learn new hobby	<input type="checkbox"/> Watch your watchlist
<input type="checkbox"/> Read your favorite book	<input type="checkbox"/> Write out your plans	<input type="checkbox"/> Clean up your room	<input type="checkbox"/> Organize your desk	<input type="checkbox"/> Hang out with friends	<input type="checkbox"/> Try to digital detox
<input type="checkbox"/> Give yourself a break	<input type="checkbox"/> Go to beach	<input type="checkbox"/> Make some word of affirmation	<input type="checkbox"/> Catch up with your family	<input type="checkbox"/> Have a lunch outside	<input type="checkbox"/> Wake up early