

Environmental Self-Care

Not all self-care is a journey inward. Sometimes the best way to take care of yourself is to take care of the spaces around you. This can include your immediate surroundings or looking at the bigger picture. By taking care of your environment, you are investing in your ability to feel your best.

I want to make this 30-day challenge happen because...

Each week, focus on one aspect of environmental self-care. Try one or some of the suggested actions, or come up with your own. Set a frequency goal and track your results at the end of the week.

WEEK 1

WORKSPACE

DETAILS

DATE

Go through old papers and get rid of anything not needed

Organize your desk area

Digital declutter

WEEK 2

HOME/PERSONAL

Go through your junk drawer

Deep clean your car

Go through your closet and gather donations

WEEK 3

COMMUNITY

Volunteer at an organization you believe in

Donate to a food drive

Participate in a fundraising race

WEEK 4

GREEN

GOAL

M

T

W

T

F

S

S

RESULT

Practice recycling

Run your errands by bike, foot, or public transit

Reduce your plastic usage (reusable bags, buy in bulk, etc)

What was the biggest change you experienced this past month? What habits will you continue?
