

Spiritual Self-Care

Nurturing your spiritual side doesn't have to involve religion. Instead, embracing your spirit is simply doing things that bring peace to your inner self. Find activities that bring you that sense of deep satisfaction, like taking in a deep breath of fresh air on a warm summer morning. What makes you feel like your corner of the universe is in complete harmony?

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

Each week, focus on one aspect of spiritual 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

SLOW DOWN

DETAILS

DATE

Try uni-tasking - one thing at a time, focused on it

Wake up 15 minutes earlier/start your day intentionally slower

Savor your morning beverage, coffee, or tea

WEEK 2

MINDFULNESS

Try yoga

Practice breathing exercises

Pay close attention to the senses (during meals, walking outdoors)

WEEK 3

NATURE

Go for a hike

Read outdoors in a park or by the lake

Exercise outdoors (jumprope, run, sports)

WEEK 4

CLEANSE YOUR SPACE

Unplug from technology as much as possible

Light a candle or diffuse oils

Bring plants or fresh flowers into the home

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