

Emotional Self-Care

Emotions aren't optional. Your feelings influence your thoughts, which influence your actions. Nurturing your awareness of your feelings is an essential part of self-care, so that you can make the best possible choices for yourself every day.

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

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Each week, focus on one aspect of emotional 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

SELF-LOVE

	GOAL	M	T	W	T	F	S	S	RESULT
Treat yourself to me-time
10 minutes of yoga
Write down 3 things you love about yourself
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WEEK 2

CONNECT

Call or spend time with a friend
Hug someone
Write a letter or email to someone you appreciate
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WEEK 3

SELF-EXPRESSION

Make a list of things you are grateful for
Get creative - draw, paint, or color
Practice expressing your feelings (write it down or talk it out)
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WEEK 4

POSITIVE VIBES

Have a movie night
Listen to your favorite music or catch up on a podcast
Spend time on your favorite hobbies
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What was the biggest change you experienced this past month? What habits will you continue?

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