



30 Days of Self Care

Welcome to 30 Days of Self Care! I'm beyond proud of you for deciding to take care of yourself. To use this challenge, use the calendar below to begin matching the day you want to begin. Print this out. Mark up the calendar with the current dates and then use this as a check box or write down each day of the challenge.

For example, if it's Wednesday, June 1, place 1 in the middle box on the top row. Then, when you finish day one of the challenge, cross it out.

Remember, you don't have to start on the first of the month. This challenge is designed to fit into your life, not the other way around.

Take your time with this. It can take you 60 days if you'd like. There is no wrong or right way to do this challenge. The only rule is to *Be kind to yourself.*

The goal is to take dedicated time to focus on caring for yourself in a fun new way. To build new frameworks around what it means to *Be in a relationship with yourself* and see what happens when you focus more of your attention there.

If you want to dive in deeper with daily journal prompts, yoga flows, or guided meditations, I invite you to join the [Celebrate Again Self Care Membership](#), where this challenge is a deeper exploration with more daily support.

No matter your journey I'd love to hear how it goes! Tag me on social or shot me an email.

Cheering you on, *DARLING,*
Lumalia

30 DAY SELF CARE CHALLENGE

FILL IN CALENDAR



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Get access to the full 30 Day Self Care Challenge Dashboard in the Self Care Membership



DAILY CHALLENGES

DAY	DAILY CHALLENGE
1	Follow your joy
2	Find what makes you feel safe enough to play
3	Take a nap 5-60 minutes, try Yoga Nidra
4	Play love songs and sing them to yourself
5	Make a meal for yourself like you would a lover
6	Practice observing sensations in your body
7	Lay nude somewhere safe ideally in nature
8	Go on or plan a solo adventure/vacation
9	Practice noticing what truths and lies feel like in your body
10	Let envy point you to your true desires
11	Get out of the house, engage with the world some how
12	Make a list of things you want to forgive yourself for
13	Wear your favorite outfit no matter how ridiculous it may seem
14	Take a Rose Bath
15	Remove shame from something you want to take as an adult who does give AF
16	Give space to explore pleasing yourself
17	Try self pleasure as a portal to ask how your body is doing
18	Let your belly, or any part of yourself jiggle today dancing freely
19	Write yourself short love notes and leave them random places to discover later
20	Be loud today, some place that feels safe to take up space with your voice
21	Be a kid again playing, chalk, swing sets, figurines, etc
22	Write about your relationship with your pelvic bowl
23	Write about how far you've come this month and how you want to continue
24	Find magical moments in nature, even if you stare at a potted flower or a tree, or sky for a few minutes no phones
25	Notice beauty today, as often, as much as you can
26	Find one way to be kind to yourself today
27	Notice your breath every 2 hours, document it
28	Anchor an affirmation to an activity you do every day
29	Let go of old beliefs by watching water move, ideally in natural flowing water.
30	Refrain old beliefs into positive present tense statements, Celebrate!