

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

2022 SELF-CARE
september challenge

1

Clean up your desktop
(add a new background that makes you happy!)

2

Listen to your favorite TED talk or podcast

3

Buy a low-maintenance plant

4

Hug someone you love

5

labor day

Plan a night out with friends

6

Take a long lunch
(away from your desk!)

7

Stop by a farmer's market

8

Plan your next vacation

9

Buy a new fall outfit
(plaids, scarves and sweaters, please!)

10

Reach out to a friend you haven't heard from in awhile

11

Treat yourself to a brow wax and tint

12

Go for a long walk by yourself

13

Try a new recipe
(bonus points if it involves chocolate)

14

Eat a meal outside

15

Visit a bookstore

16

Book a bikini wax
(instant confidence boost!)

17

Try a new fitness class
(goat yoga, anyone?)

18

Settle into bed 30 minutes early

19

Go to brunch

20

Throw a dance party in the kitchen

21

Relax in a coffee shop for an hour
(no working!)

22

first day of fall

Mani/pedi day!

23

Exfoliate from head-to-toe in the shower;
(moisturize after)

24

Light your favorite candle

25

Schedule essential health appointments

26

Go on a bike ride

27

Apply a sheet mask, then relax for 15 minutes

28

Clean one room in your house

29

Take a day off from social media

30

Make popcorn and watch your favorite movie