

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

2021 SELF-CARE
september challenge

1

Declutter
bathroom drawers

2

Listen to your
favorite TED talk
or podcast

3

Hug someone
you love

4

Stop by a
farmer's market

5

Buy yourself
flowers

6

labor day

Pay someone
a compliment

7

Plan a
road trip

8

Make the
bed with freshly
laundered
sheets

9

Phone a friend
or family member

10

Treat yourself
to a brow wax

11

Eat dinner
without
distractions
(no phones!)

12

Get your
10K steps in

13

Schedule
essential health
appointments

14

Wash your
makeup brushes

15

Breathe in
the fresh air

16

Soak in a bath
with essential oils

17

Drink 64 oz
of water

18

Apply a
sheet mask

19

Marvel at
a sunset

20

Book a
bikini wax
*(instant confidence
boost!)*

21

Eat three
nutritious meals

22

first day of fall

Try laughter
therapy
or laughter yoga

23

Sip a
vitamin-packed
green smoothie

24

Light a
delicious-smelling
candle

25

Say 3 positive
things about
your body

26

Settle into bed 30
minutes early

27

Throw a
dance party
in the kitchen

28

Tap into your
inner Zen:
meditate!

29

Bake cupcakes
(or just buy them)

30

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



WAXXPOT[®]
BROWS-to-BRAZILIANS