































# MOM'S 30 DAYS SELF-CARE CHECKLIST

- DAY 1**  Sit and Read for 30 Minutes
- DAY 2**  Buy a New Lipstick
- DAY 3**  Try Meditation for 5 Minutes
- DAY 4**  Buy Yourself Flowers
- DAY 5**  Plan a Dinner
- DAY 6**  Buy a Cozy Blanket
- DAY 7**  Bake Something Delicious
- DAY 8**  Declutter Somewhere or a Room in The House
- DAY 9**  Put Jammies on Extra Early
- DAY 10**  Donate (10) Items
- DAY 11**  Take a Bubble Bath/Hot Shower
- DAY 12**  Start a Gratitude Journal
- DAY 13**  Get a Manicure/Pedicure
- DAY 14**  Write a Letter to Someone You Love
- DAY 15**  Join a Book Club
- DAY 16**  Light a Beautiful Candle for Dinner
- DAY 17**  Buy New Sheets
- DAY 18**  Celebrate Yourself Today
- DAY 19**  Add Soothing Pretty to Your Home
- DAY 20**  Make a Plan to Volunteer
- DAY 21**  Turn Your Phone Off After Dinner
- DAY 22**  Try a New Recipe
- DAY 23**  Book a Massage
- DAY 24**  Slow Down Today
- DAY 25**  Do Something You Don't Usually Do
- DAY 26**  Detox Your Life in (1) Way
- DAY 27**  Thank Someone Today
- DAY 28**  Go on a Walk By Yourself
- DAY 29**  Plan a Date Night
- DAY 30**  Call a Friend Who Makes You Laugh