Spring Self-Care Challenge

Day 1: Make a goal to finish by summer
Day 2: Create a playlist of upbeat music
Day 3: Channel your inner Snow White
Day 4: Get physical outside
Day 5: Buy new spring clothing

Day 6: Air out your living space, let sun in
Day 7: Pick flowers and then press them
Day 8: Make friends with your body
Day 9: Find a spring-theme meditation
Day 10: Go easier on yourself

Day 11: Go out for dessert and eat outside
Day 12: Clean up your digital device storage
Day 13: Make a seed bomb
Day 14: Try something new-to-you
Day 15: Put on music and sit outside

Day 16: Simplify your schedule
Day 17: Read something light & fun
Day 18: Visit a Farmer’s Market
Day 19: Take a nap in the sunshine
Day 20: Do some spring cleaning

Day 21: Make a fruit or veggie dish
Day 22: Go on a nature walk
Day 23: Connect with Spring Goddesses
Day 24: Create an outdoor space
Day 25: Get a new houseplant

Day 26: Change the energy of your home
Day 27: Find a new outside hobby
Day 28: Put on nature sounds and relax
Day 29: Go camping or hiking
Day 30: Light a campfire & hang out