

Self-Care



Challenge

by Mbalenhle K



HI. I AM MBALENHLE KHUZWAYO
BUT EVERYONE CALLS ME 'MBALI'
FOR SHORT.

I AM A WELLNESS AND TRAVEL
BLOGGER.

Welcome and thank you for deciding
to join me on this journey. In as much
as this is a challenge, it shouldn't be
much of a 'challenge'.

I have put together 30 activities for the
next 30 days. These activities are
meant to make you feel good about
yourself and remind you that you are
doing the best you can do with all that
you have right now.

This is a daily checklist which you can
print and refer to every day.

To make this more fun - take pictures
daily of the challenge you did as proof
to yourself that you did it and enjoyed
it. You can use those pictures to create
a scrapbook too.

- For activities with an asterisk (*) at
the end, refer to page 4 for an
explanation or description of the
challenge.

Mbalenhle xoxo

CHALLENGE TRACKER

DAY	ITEMS	PACKED
DAY 1	Self-Praise*	<input type="checkbox"/>
DAY 2	Drink herbal tea	<input type="checkbox"/>
DAY 3	Light your favorite candle and relax	<input type="checkbox"/>
DAY 4	Get your nails done	<input type="checkbox"/>
DAY 5	No social media for the whole day	<input type="checkbox"/>
DAY 6	List 10 things you are grateful for today	<input type="checkbox"/>
DAY 7	Delete useless pictures off your phone	<input type="checkbox"/>
DAY 8	Learn something new	<input type="checkbox"/>
DAY 9	Buy yourself flowers	<input type="checkbox"/>
DAY 10	Create a vision board for the next 3 years	<input type="checkbox"/>
DAY 11	Relax in a face mask	<input type="checkbox"/>
DAY 12	Drink 8 glasses of water	<input type="checkbox"/>
DAY 13	Make up a mantra for yourself	<input type="checkbox"/>
DAY 14	Meditate for 10 minutes	<input type="checkbox"/>
DAY 15	Make a healthy smoothie	<input type="checkbox"/>
DAY 16	Brain dump*	<input type="checkbox"/>
DAY 17	Watch a motivational TedTalk	<input type="checkbox"/>
DAY 18	Have a date with yourself *	<input type="checkbox"/>
DAY 19	Indulge in luxury chocolate	<input type="checkbox"/>
DAY 20	Create a feel-good playlist	<input type="checkbox"/>
DAY 21	Text 4 people expressing your appreciation for them	<input type="checkbox"/>

CHALLENGE TRACKER

DAY	CHALLENGE	COMPLETE
DAY 22	Take a cold shower	<input type="checkbox"/>
DAY 23	Interview yourself *	<input type="checkbox"/>
DAY 24	Call an old friend	<input type="checkbox"/>
DAY 25	Create a bucket list for the next 12 months	<input type="checkbox"/>
DAY 26	Buy yourself something you have been wanting	<input type="checkbox"/>
DAY 27	Write down traits you want to change about yourself	<input type="checkbox"/>
DAY 28	Exercise for an hour	<input type="checkbox"/>
DAY 29	Have a fun photoshoot with yourself	<input type="checkbox"/>
DAY 30	Write a letter to your future self	<input type="checkbox"/>

DAY 1 - Self-Praise

Speak highly of yourself. write down all the things that make you an amazing person and everything you are proud of

DAY 16 - Brain dump

Write down everything that has been going on in your mind lately - the good, the bad, the funny, the dark. If you are doing this challenge with someone, you should both tell each other what's been on your mind.

DAY 18 - Have a date with yourself

Take yourself out to any restaurant for lunch or even just for coffee. Depending on where you are in the world, you might have strict COVID restrictions and if so, you can cook yourself a meal or do a creative activity as a solo date

DAY 23 - Interview yourself with the following questions:

- How would you describe yourself?
- What are you passionate about?
- What are your strengths and weaknesses? (List 4 for each)
- How do you handle stress?
- What has been your greatest accomplishment so far?