MILESTONE CHURCH

30 Day Self-Care Challenge



Embrace a month of self-care with this simple yet impactful challenge. Each day dedicate a moment to your mental health and spiritual well-being.

3 John 1:2

Dear friend, I hope all is well with you and that you are as healthy in body as you are strong in spirit.

○ List 3 things you're thankful for.	○ Spend 15 minutes outside.	○ Turn off screens for one hour.	○ Spend 10 minutes in quiet prayer.	○ Do something kind for someone.	○ Set a goal for the week.
○ Read Psalm chapter 1.	○ Take a warm bath.	○ Cook your favorite dish.	○ Organize a small space.	○ Enjoy a book for 30 minutes.	○ Write 5 things that you like about yourself.
○ Reach out to someone you care about.	○ Watch the sunrise or sunset.	○ Reflect on your mental health.	○ Read your favorite bible story.	○ Learn new hobby.	○ Watch an episode of the chosen.
○ Practice Deep breathing for relaxation.	○ Engage in a physical activity you enjoy.	○ Clean up your room.	○ Journal about a happy memory.	○ Hang out with friends.	○ Go to bed 30 minutes early.
○ Give yourself a break.	○ Do some stretches.	○ Take a Sabbath day to rest.	○ Plan something exciting.	○ Have a lunch outside.	○ Write a note to your future self.

Name_____