

# Mustang Thrive

## 31 DAY SELF CARE CHECKLIST

- Day 1 - Go for a walk
- Day 2 - Make sure to drink lots of water
- Day 3 - Doodle or color
- Day 4 - Practice some yoga
- Day 5 - Take a nap
- Day 6 - Cook/bake something new
- Day 7 - Connect with a friend
- Day 8 - Write down 5 positive things about yourself
- Day 9 - Do a craft
- Day 10 - Read a book
- Day 11 - Take a hot bath
- Day 12 - Do something outside
- Day 13 - Watch your favorite movie
- Day 14 - Organize something in your room or home
- Day 15 - Write someone a letter
- Day 16 - Do a mini workout
- Day 17 - Listen to a positive podcast
- Day 18 - Talk to a family member
- Day 19 - Write in your journal
- Day 20 - Go to bed early tonight
- Day 21 - Pamper yourself
- Day 22 - Bake a treat for a neighbor or friend
- Day 23 - Do some deep breathing exercises
- Day 24 - Write down 5 things you are thankful for
- Day 25 - Listen to music
- Day 26 - Get dressed up just for fun
- Day 27 - Set some fun new goals
- Day 28 - Express your gratitude to someone
- Day 29 - Do something that makes you laugh
- Day 30 - Be creative today
- Day 31 - Take time to reflect on this challenge

[#prosserstrong](#)