

December 2020 - 31 Days of Holiday Self Care Challenge



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<input checked="" type="checkbox"/> Check off 10 boxes, turn them into your supervisor by 1/6/2021 for a chance to win 1 of 10 exciting prizes!		<input type="checkbox"/> 1 Take 3 deep breaths when you wake up & before going to bed	<input type="checkbox"/> 2 Carve out 15 minutes of solitude for yourself today	<input type="checkbox"/> 3 Step Outside Tonight and look at the moon	<input type="checkbox"/> 4 Find a quiet place to reflect on your day	<input type="checkbox"/> 5 Call an old friend or family member you have not talked to in a while
<input type="checkbox"/> 6 Plan a nutrient-dense meal into your menu this week.	<input type="checkbox"/> 7 Go to bed early tonight	<input type="checkbox"/> 8 Write Down your Goals for Self-Care	<input type="checkbox"/> 9 Say No to something you don't want to do	<input type="checkbox"/> 10 Write down 3 things about your day that makes you feel grateful	<input type="checkbox"/> 11 Put your Smartphone away for an hour and enjoy some peace	<input type="checkbox"/> 12 Go for a walk or scenic drive
<input type="checkbox"/> 13 Listen to your favorite playlist	<input type="checkbox"/> 14 Set a timer to remind yourself to get up and move around once an hour	<input type="checkbox"/> 15 Make some bone broth and drink a cup of soup	<input type="checkbox"/> 16 Meditate for 5 minutes or longer (use Virgin Pulse Mindfulness App)	<input type="checkbox"/> 17 Do a random act of Kindness	<input type="checkbox"/> 18 Share a funny meme about teaching or your job	<input type="checkbox"/> 19 Take a Nap
<input type="checkbox"/> 20 Add some extra vegetable to your meals today	<input type="checkbox"/> 21 When waking up, don't look at your phone or computer for the first hour.	<input type="checkbox"/> 22 Eat a healthy meal/snack today	<input type="checkbox"/> 23 Go out of your way to smile at people & enjoy the smiles in return	<input type="checkbox"/> 24 Do something that brings you joy	<input type="checkbox"/> 25 If you feel stressed today, take a break	<input type="checkbox"/> 26 Bundle up and get outside and enjoy the fresh air
<input type="checkbox"/> 27 Take an Epson Salt Bath or footbath before bed	<input type="checkbox"/> 28 Forgive Yourself for making a mistake	<input type="checkbox"/> 29 Declutter a drawer or shelf	<input type="checkbox"/> 30 Send a kindness gesture to five people	<input type="checkbox"/> 31 Write down five wishes for the new year		

Name: _____

Principal/Director Sign-off: _____

