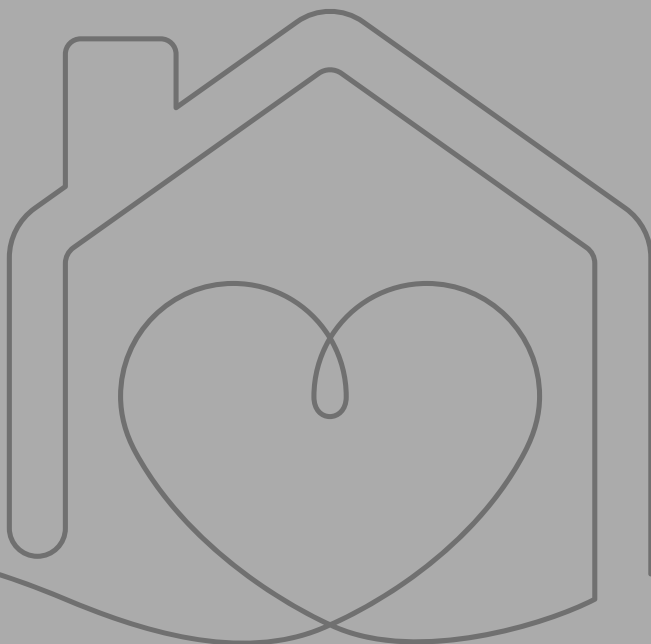


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SELF CARE

30 DAY CHALLENGE

30 DAY CHALLENGE SELF CARE

Read for 10 minutes	Cook a new recipe	Take a long shower or bath	Do a craft or DIY project	Buy yourself some flowers
Go star gazing	Moisturise your hands	Declutter a room	Write your own affirmation	Paint your nails
Eat lunch outside	Bake cookies or a cake	Doodle or colour a picture	Practice an old hobby	Order a take away
Listen to your favourite song	Take a cat nap	Create a playlist	Plan your next holiday	Change the sheets
Stretch for 10 minutes	Watch a funny movie	Take a social media break	Plant something	Burn a candle
Call someone you love	Start a journal	Dress up	Take a walk in the rain	Do nothing for an hour

If you don't like some of the ideas substitute your own.

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VFJ Alternative Challenges

Each day has a small, focused and themed task to complete.

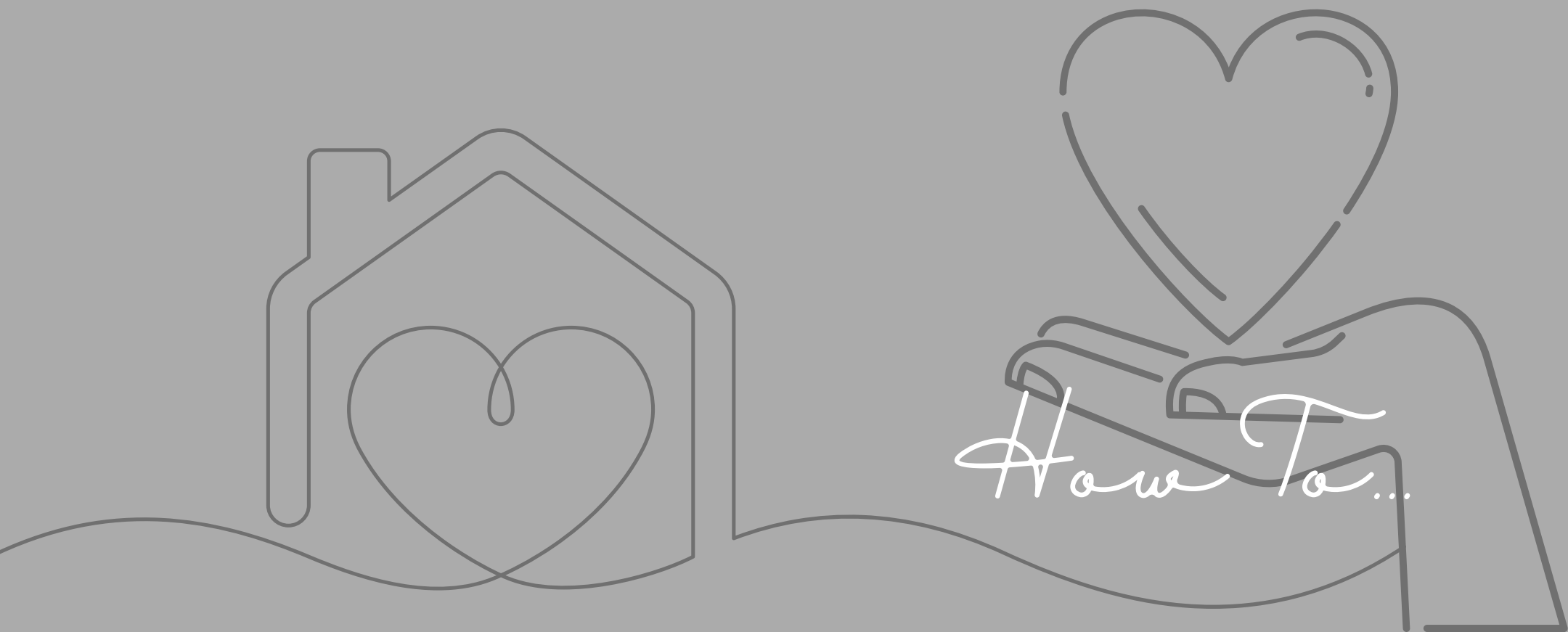
Take what works, adapt or skip the rest, or make your own.

You can follow it alone or alongside the main challenge.

No logging, scoring, or tracking needed; show up when you can.

All prompts are short, low-effort, easy to do and should be fun.

Use the tick sheet if you prefer to complete tasks in any order.



VFJ Alternative Challenges

**Flexible and
easy to follow**

**Designed to build
helpful habits**

**No equipment
or special prep**

**Can be done with
other challenges**

**Supports mental
wellbeing**

**Helps improve your
ganeral mood**

**Boosts lifestyle
ballance**

**Offers structure
without pressure**

**Easy to dip in &
out when needed**

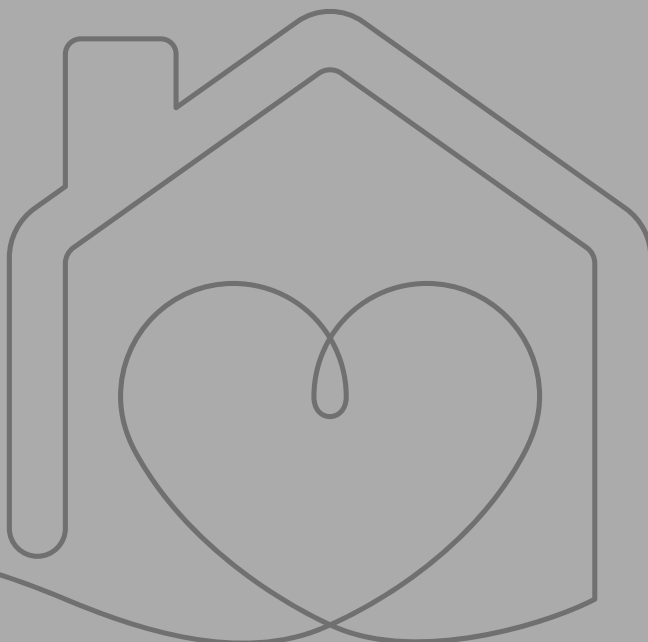
**Makes healthy habits
feel more achievable**

**Designed to fit
around real life**

**Helps you feel in
control of your day**

**Keeps life varied
& engaging**

**Helps you feel in
control of your day**



CHECK *List*

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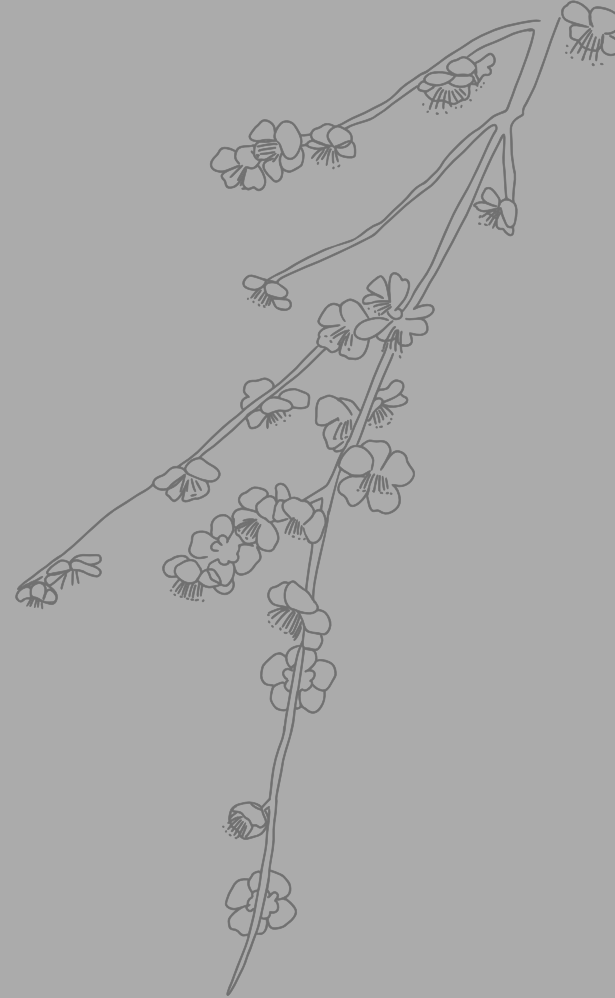
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SELF CARE

DAY ONE

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SELF CARE

DAY TWO

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SELF CARE

DAY THREE

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SELF CARE

DAY FOUR



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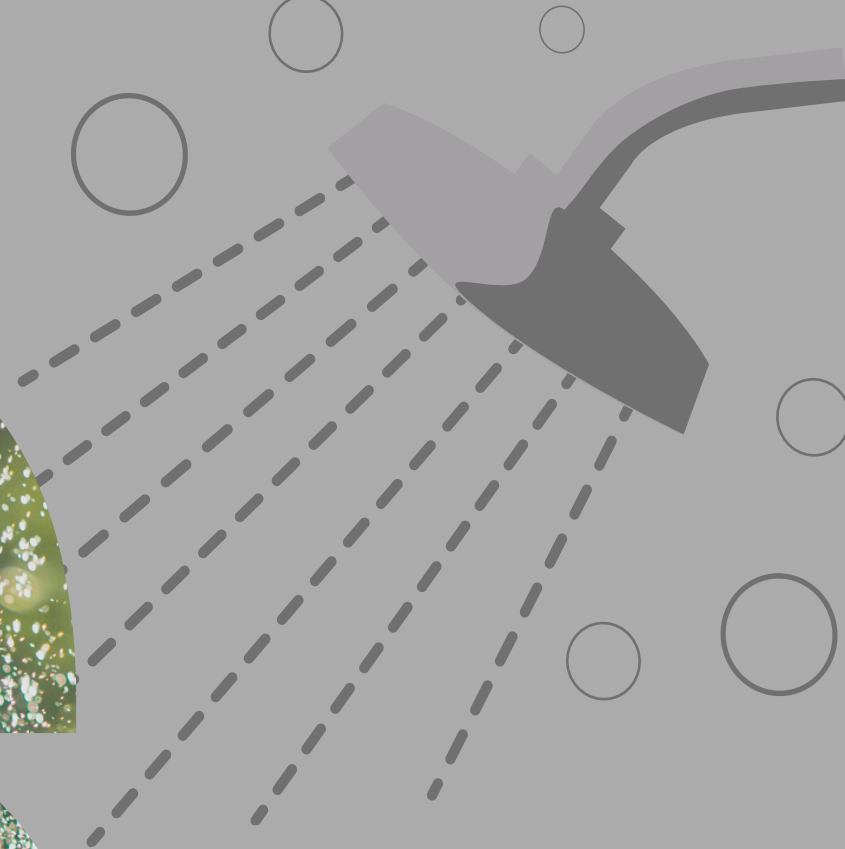


SELF CARE

DAY FIVE



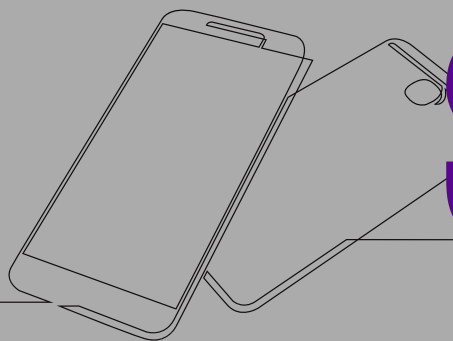
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SELF CARE

DAY SIX

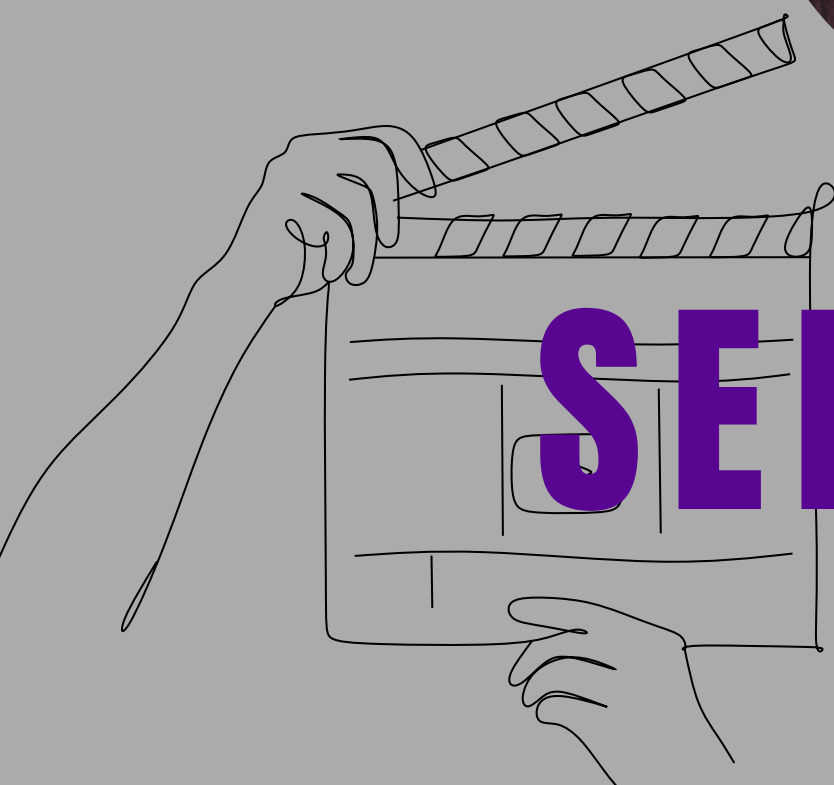
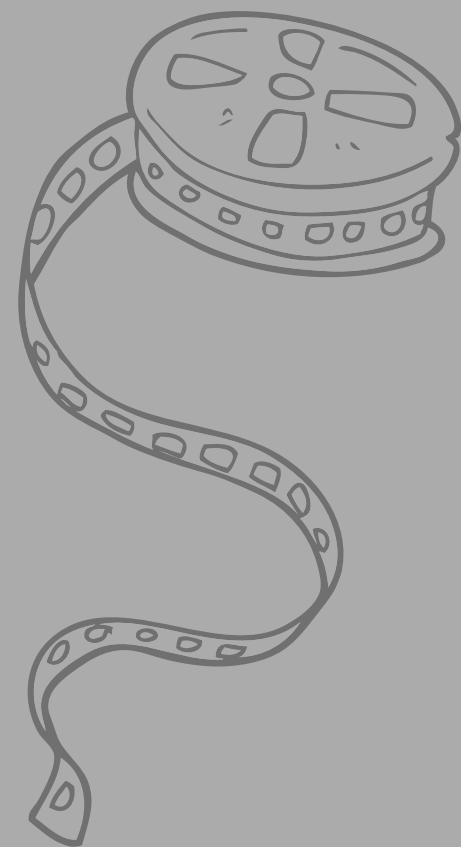
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SELF CARE

DAY SEVEN

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SELF CARE

DAY EIGHT

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SELF CARE

DAY NINE

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SELF CARE

DAY TEN

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SELF CARE

DAY ELEVEN



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SELF CARE

DAY TWELVE

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SELF CARE

DAY THIRTEEN

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SELF CARE

DAY FOURTEEN

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SELF CARE

DAY FIFTEEN



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SELF CARE

DAY SIXTEEN

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SELF CARE

DAY SEVENTEEN

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SELF CARE

DAY EIGHTEEN



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SELF CARE

DAY NINETEEN

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SELF CARE

DAY TWENTY



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SELF CARE

DAY TWENTY-ONE

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SELF CARE

DAY TWENTY-TWO

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SELF CARE

DAY TWENTY-THREE

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SELF CARE

DAY TWENTY-FOUR

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SELF CARE

DAY TWENTY-FIVE



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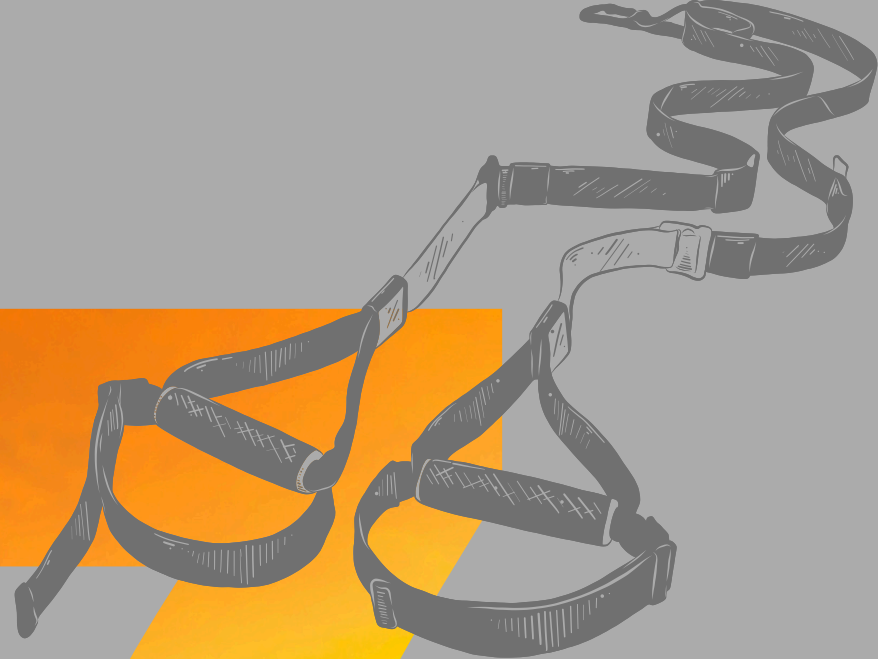


SELF CARE

DAY TWENTY-SIX



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SELF CARE

DAY TWENTY-SEVEN

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SELF CARE

DAY TWENTY-EIGHT

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SELF CARE

DAY TWENTY-NINE



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SELF CARE

DAY THIRTY

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SELF CARE

WELL DONE FOR MAKING
SPACE FOR YOURSELF.