



30-day self-care challenge

Start some new habits and create change!

Over the next 30 days use this daily self-care checklist to establish a routine of self-care for your MIND, BODY, SOUL, and SPACE.

Journaling: For your MIND take a few minutes every day, either first thing in the morning or just before bed, to journal about intentions for the day, things you're grateful for, or reflections.

Drink Water: For your BODY figure the minimum daily water for you by taking your weight and dividing it in two. For example: If you weight 180 pounds, you'll need at least 90 ounces.

Yoga/Workout: For your MIND, BODY, and SOUL, do some yoga, stretching, workout, walk, exercise...any activity. Start with 10 minutes and work your way up if it feels right.

Say No to One Thing: For your SOUL, experience the relief of saying No. If that top doesn't light you up, say No to it. If that lunch date doesn't excite you, say No. You got this!

Decluttering one item: For your SPACE, as you walk around your house each day pick up one thing (at least) to toss or donate. You'll see your home in a whole new way after 30 days!

kate wong



soulful self-care checklist

	JOURNAL	DRINK WATER	YOGA/ WORKOUT	SAY NO TO ONE THING	DECLUTTER ONE ITEM
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what next?

When you're done with your challenge I'd love to hear all about it!

Send me an email at kate@soulfulspacecoaching.com.

30 days is a long time to maintain a commitment to yourself, but it's a great start in creating change and movement toward your goals. Consistency is the foundation to build that joyful life you deserve.

If you struggled with this challenge at all and want to try it again with some guidance and accountability, schedule a session and we'll create a curated plan for you.

If you had a great time and want more, we can build on that in coaching sessions and use that momentum to face your barriers and create even more solutions.

Begin your next chapter today at www.soulfulspacecoaching.com

We can do this together!

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