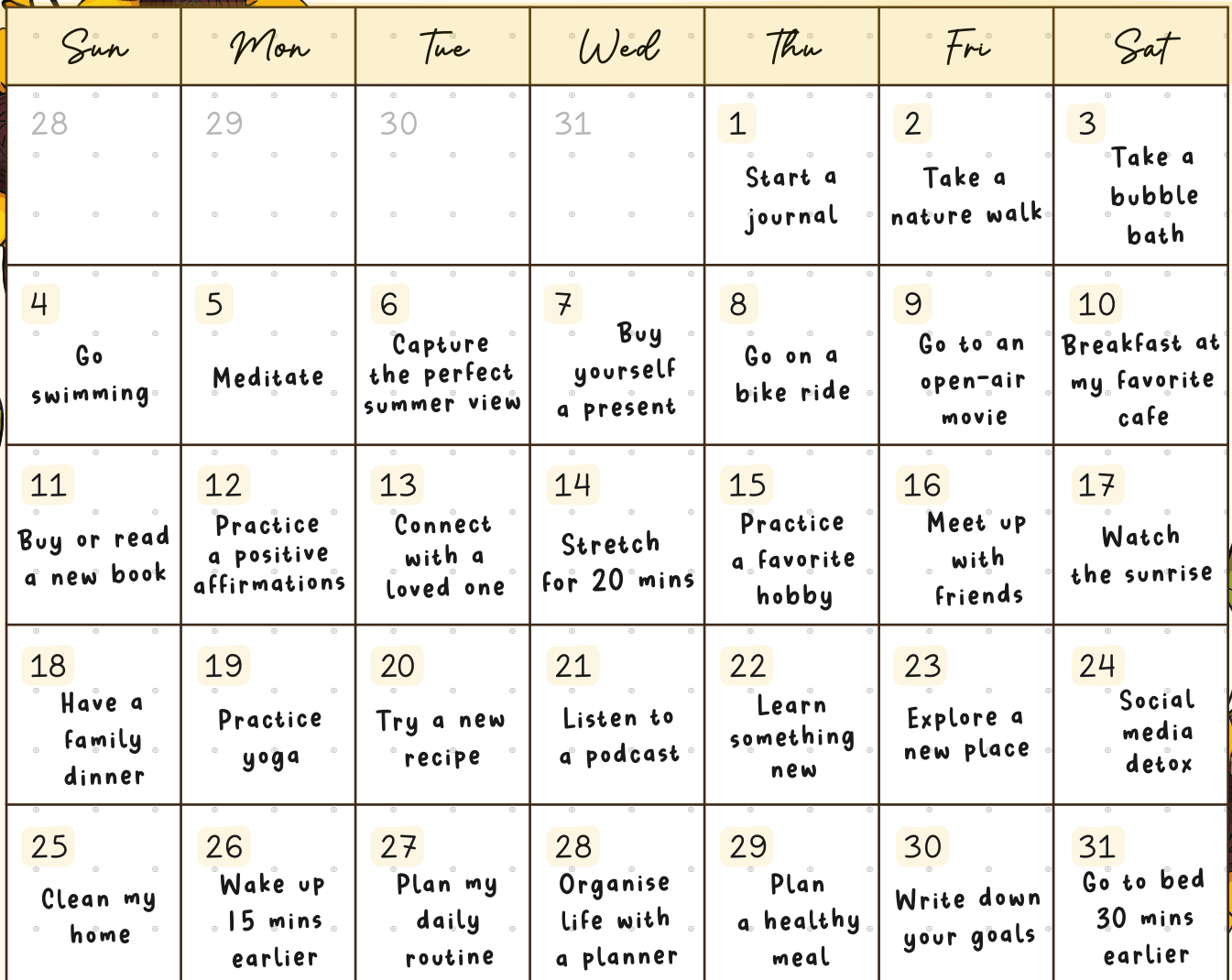


# self-care August challenge



Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29	30	31	1 Start a journal	2 Take a nature walk	3 Take a bubble bath
4 Go swimming	5 Meditate	6 Capture the perfect summer view	7 Buy yourself a present	8 Go on a bike ride	9 Go to an open-air movie	10 Breakfast at my favorite cafe
11 Buy or read a new book	12 Practice a positive affirmations	13 Connect with a loved one	14 Stretch for 20 mins	15 Practice a favorite hobby	16 Meet up with friends	17 Watch the sunrise
18 Have a family dinner	19 Practice yoga	20 Try a new recipe	21 Listen to a podcast	22 Learn something new	23 Explore a new place	24 Social media detox
25 Clean my home	26 Wake up 15 mins earlier	27 Plan my daily routine	28 Organise life with a planner	29 Plan a healthy meal	30 Write down your goals	31 Go to bed 30 mins earlier

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