

March 2025 – Self-Care Challenge

Throughout the month, make focusing on yourself a priority. As they say, you can't pour from an empty cup, so in order to take care of others you need to care of yourself first. Try as many days as you can.



Name: _____

Department: _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Light a candle
2 Eat dinner outside and enjoy the view	3 Take your dog for a walk	4 Wear something that makes you feel great	5 Stretch for 15 minutes	6 Write a letter to your future self	7 Call or see a loved one and catch up	8 Sleep in
9 Make a healthy meal plan for the week	10 Do one thing you've been putting off	11 Have a social media free day	12 Say 2 positive affirmations to yourself	13 Focus on slowing down at 2 different points today	17 Clean up/organize your email inbox	15 Walk around a farmers market
16 Take a bath & listen to spa music	17 Prepare your lunch for the week ahead	18 Do one thing you've been putting off	19 Try a new physical activity	20 Snuggle your pets	21 Watch an inspiring documentary	22 Meditate for 9 minutes & 30 seconds
23 Walk at the Greenway	24 Meditate for 15 minutes	25 Create a new morning routine	26 Have a good laugh	27 Listen to your favorite music	28 Spend time in the sunshine	29 Do some arts and crafts (coloring counts)
30 Listen to 2 guided imagery or meditations	31 Go for a nice long walk					

Image credit: https://img.freepik.com/free-vector/self-love-lettering-with-flowers_23-2148380164.jpg?size=626&ext=jpg

Turn in your completed log through interdepartmental mail to **Jenifer Pressley** at the **Cullowhee Recreation Center** by April 7th.