

# 28 DAYS OF SELF-CARE

*"Self-Care is a lifelong journey. It will never be mastered and so it needs to be practised." - Anna Doecke -*

**YOU MAKE THE WORLD A BETTER PLACE. VALUE YOURSELF SO YOU CAN BE THE BEST FOR THOSE AROUND YOU.**

Have a day without screens	Make a list and plan ahead	Take a long hot bath	Write a letter to someone	Treat yourself without food	Take yourself on a date	Send a msg of encouragement
Ask for help	Spend time in nature	Have the hard conversation you've been avoiding	Be kind to yourself	Learn a new skill	Keep a journal	Do some exercise you enjoy
Catch up with someone you haven't seen in ages	Ask yourself what you really want	Reminisce about your favourite time in life	Let a child take you for a walk	Have a healthy snack	Declutter your workspace	Re-read your favourite book
Sing & dance to your favourite music	Go on a road trip	Do something by yourself	Look through old photos	Give someone a hug	Do something spontaneous	Sit in the sun and feel the warmth