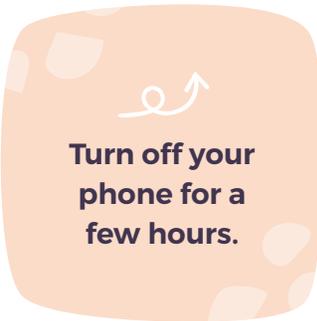
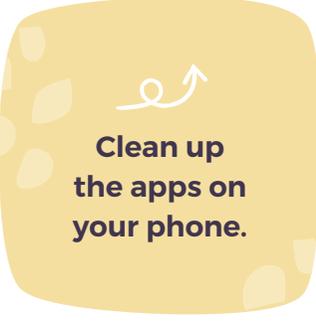
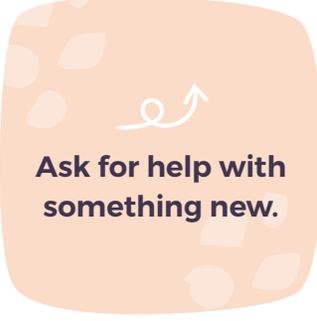


== SELF-CHALLENGE CARDS ==

Cut these cards out and place them in a jar. Once a week, draw one activity to do. As a bonus, you can journal about what you did and your feelings about the experience.

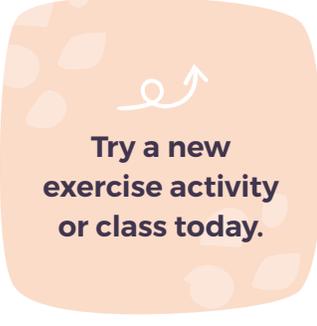


 <p>Donate items, time, or money to charity.</p>	 <p>Reach out to someone you've lost touch with.</p>	 <p>Turn off your phone for a few hours.</p>	 <p>Take the night off and go to bed early.</p>
 <p>Identify a bad habit and implement a plan to quit.</p>	 <p>Light a candle, play soothing music, and meditate.</p>	 <p>Create a vision board for your goals.</p>	 <p>Replace all your regular beverages with water today.</p>
 <p>Cook a recipe that's new to you.</p>	 <p>Do something you used to do as a kid but don't anymore.</p>	 <p>Handwrite a love letter to yourself.</p>	 <p>Scroll through your photos and pick a few to print.</p>
 <p>Clean up the apps on your phone.</p>	 <p>Ask for help with something new.</p>	 <p>Start a self-care challenge for the week.</p>	 <p>Turn off the TV for the day.</p>

SELF-CHALLENGE CARDS

Cut these cards out and place them in a jar. Once a week, draw one activity to do. As a bonus, you can journal about what you did and your feelings about the experience.



 <p>Do something creative: paint, draw, sing, etc.</p>	 <p>Eat at your favorite restaurant by yourself.</p>	 <p>Drive with no clear destination in mind.</p>	 <p>Explore your neighborhood by bike or on foot.</p>
 <p>Send yourself flowers from the florist.</p>	 <p>Go to a museum that you haven't visited.</p>	 <p>Do something to help a stranger today.</p>	 <p>Shop or eat at a local business you haven't visited.</p>
 <p>Go see a movie and be sure to buy yourself a snack.</p>	 <p>Visit a park in your area that you've never visited.</p>	 <p>Attempt to do something that scares you.</p>	 <p>Crank up the music and have a solo dance party.</p>
 <p>Start a conversation with a random person.</p>	 <p>Try a new exercise activity or class today.</p>	 <p>Declutter the messiest part of your home.</p>	 <p>Take the stairs whenever possible.</p>