

Self Care Circle

31-Day Challenge

Welcome to the Self Care Circle!!!!

I am so excited you're here and you invested in yourself! These next 31 days are going to help you really jump start your self care so that it becomes a regular daily habit. You'll see that self care for the busy mom is NOT about spa days, massages, and long spans of time away from your family. (Yes, time away is great, but it's certainly not necessary and only limited to that.) Self care for the busy mom is about sprinkling into your regular, busy days.

Day 1

Go for a leisurely 15 minute walk by yourself and listen to the birds.

Day 2

Read your favorite book (or magazine) for 15 minutes.

Day 3

Delegate 1 task today.

Day 4

Let go of people pleasing.

Day 5

Set the timer for 10 minutes and sit on the couch (or outside) during your kids nap time, or in your car if you work and just be still.

Day 6

Treat your feet. After a long day, wash your feet (or soak them) and then massage lotion in them for 15 minutes.

Day 7

Watch your favorite show... WITHOUT multi-tasking.

Day 8

Use transitional times.

Day 9

Plan a stay-cation in your town for a weekend (even if its only for the morning or part of the afternoon).

Day 10

Meditate.

Day 11

Take a scenic drive. Hop in line at Starbucks or your favorite coffee shop for a morning (or an afternoon) treat and take a drive to somewhere new.

Day 12

Write down 5 things you love about yourself.

Day 13

Do something you've been avoiding.

Day 14

Buy flowers or a plant for yourself.

Day 15

Say no to an obligation. (or two, or three.)

Day 16

Disconnect and unplug. Turn off your phone at the end of the day and at least 4 hours before bed.

Day 17

Plan to take yourself on a date this weekend.

Day 18

Snuggle with your favorite blanket, tea, book, or comfy socks.

Day 19

Grab some candles, put on soft music, tell your partner to watch the kiddos, and take a hot bubble bath (or long shower if baths aren't your thing.)

Day 20

Let go of perfection.

Day 21

Set your timer for 15 minutes and tackle that annoying cabinet, drawer or closet that's too cluttered.

Day 22

Write 5 things you're grateful for.

Day 23

Make an appointment to meet a friend for lunch.

Day 24

Adult color.

Day 25

Take yourself out to eat. Small or big.

Day 26

Go to a movie by yourself or put it in your calendar.

Day 27

Stay off social media for the entire day today.

Day 28

Schedule a time-out in your calendar.

Day 29

Watch 30 minutes of that show you've been meaning to catch up on.

Day 30

Set your alarm for 3pm to go off on your phone and then write down something you did today that made you feel proud.

Day 31

CONGRATS GIRL!!!! YOU DID IT!!!! Now, for the grand finale...Go to Groupon and look for an affordable massage. Buy it, call them to schedule it and put it in your calendar.

Self care is an ongoing process of discovery and growth. Congratulations on completing 31 days of self care! May you continue to show up for yourself #everydamnday.

