



Self-Care Challenge Tracker

30 DAYS TO A HAPPIER, HEALTHIER YOU!

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30

Congrats on accepting the challenge and committing to your self-care for the next 30 days!

Carve out time each day to care for yourself. It could be a 4-hour hike or simply 10 minutes of deep breathing, but make the action intentional. Write what you do each day for self-care on the calendar. Learn to make self-care a habit. Combine this with our **Mood Tracker** to see how this care affects your happiness and well-being.

MORE SELF-CARE INSPIRATION, ADVICE AND PRINTABLES AT:

WWW.NAMASTEHappy.LIFE



NAMASTE HAPPY

HAPPINESS
STRIVE FOR ~~PERFECTION~~