#SELFCARE30

30 DAY SELF CARE CHALLENGE

The workbook to the challenge

CREATED BY RABEA

30 DAYS OF SELF CARE

1. Set yourself goals & action steps
2. Put time into skincare
3. Make a happy playlist
4. Draw something
5. Go for a long walk or hike
6. Read a book from your "to read" list
7. Try out a new workout
8. Create a saving plan
9. Drink enough water today
10. Meet up with an old friend
11. Educate yourself on something new
12. Meditate for 20 minutes
13. Have a social media free day
14. Cook healthy dinner today
15. Write your friend a letter
16. Watch funny videos
17. Declutter your workspace
18. Make a gratitude list
19. Take yourself out on a date.
20. Have a life admin day.
21. Take a long shower/bath
22. Declutter your social media
23. Try a sugar free day
24. Watch a Ted Talk
25. Wash all your bedding
26. Journal out your feelings
27. Plan out a little trip
28. Organize your digital files
29. Watch the sunset today
30. Revisit your goals from day one

SETTING GOALS & ACTIONSTEPS

STARTING OFF THE RIGHT WAY

Every good journey starts with a goal and a plan to get there. So let's start the challenge by setting new goals in all the life areas that seem to not have one that you align with anymore.

Life areas to set goals in:
- Work
- Health
- Family & Friends
- Home
- Spiritual / Creativity
- Sense of self (self care, self love, personal development)
- Travel
- Finances
- Education
- Lifegoals
- Decade goals
- Yearly goals
- Quarterly goals
- Monthly goals
- Weekly goals

I have a Weekly Review process of my goals to see which actions I need to take next and it has changed my life!

SAVINGS PLAN

YES, FINANCE PLANNING IS SELF CARE!

I knoooow, finances sound so damn annoying and procrastinatable, but having that stuff planned out saves you a lot of stress and inner tension.

Make it a habit to check your finances at least once or twice a month to always be able to figure out what the next step might be.
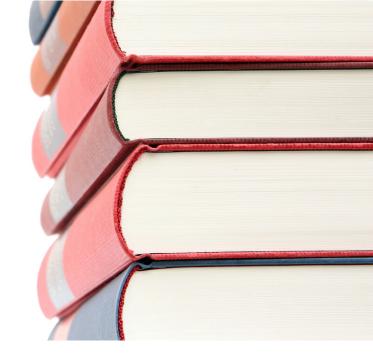If you're in debt you might want to look into ways to save money and make more money online or in books.
If you think you really need help you should make appointments with someone in the area you have problems in.

If you just want to save more money or even invest small you also need a set plan for that to be able to hold yourself accountable.

Money runs the world. And if you don't know everything about your own money situation, you can't make it better!

You could:
- Save 10% of every dollar you make.
- Start a side hustle and pay off your debt.
- Start a savings account for your child.
- Have a plan how many percent of everything you you plan in for different life areas (car, insurance, rent, food, recreational, etc.)
- Figure out if you need to ask for a raise.
- Figure out if you can invest into a house soon.
- Figure out when exactly your loan is paid off and what you can do to quicken up the process.
- Know what you spend too much on.
- Know which providers you need to change to cheaper ones.
- When you can go on a vacation or buy a new car at the current rate of saving.
- Make a plan what you need to do to turn your financial life around.
  See how much you can GIVE (to charity)

THINGS TO LEARN

KEEP YOUR MIND HEALTHY

Caring for yourself also means keeping your brain healthy and occupied. Sometimes we need to go outside of our comfort zone for that, sometimes we don't. I actually have an entirely free chapter from my self care book "Mind, Body & Soul" called **"What's good for your mind?"** in the freebie library for you to read if you want.

Things you could learn to keep growing:
- Cooking & Baking
- Revisiting some math, physics & chemistry basics
- Learning about nutrition and fitness
- Photography & photo editing
- a new language (i.e. Spanish, German, sign language,...)
- drawing anatomically correct humans or beautiful landscapes
- Makeup & skincare
- Playing an instrument
- Writing & producing music
- The basics of human psychology
- Coding (websites, apps, etc.)

DECLUTTER

Get rid of things in your life that you don't need anymore. You won't read half of the books you own. You have clothes you didn't wear in ages and you also won't wear them in the future (no matter how much you want to tell yourself that).
Just throw some stuff out of your life. Even if it's just stuff from your junk drawer or getting rid of old decor you don't like anymore.

JOURNALING

If you follow me for a while you'll probably roll your eyes cause I constantly preach how important writing down your thoughts and feelings is for mental health.
You might not know what to start with when writing. Here's a tip: Nobody but you will see that, just start with some basic sentence and you'll feel your brain start working.
If that doesn't work you should try journaling prompts. There are some in the **freebie library** that you can download!

DIGITAL ORGANIZATION

By that I don't just mean you should organize your data into folders on your computer, but also that you should go through tons of your online stuff. There are two diffferent days for that in the challenge.

There will probably be a computer filing system that works for you, just search on Youtube and see which one seems to be the most effective. And maybe make it a habit to actually name files after what's in them.

More organization:
- Unfollow people on social media
- Delete pictures you have double or just don't like anymore
- Make a backup of your most important files
- Update some passwords
- Empty your inbox
- Clean your work space
- Create an effective productivity system if you don't already have one (google: "Getting Things Done Techniques")
- Scan in papers you wanna throw away.

self-care for beginners

MIND, BODY &SOUL

Are you stressed a lot? Or are you bored out of your mind way too much? Both of these situations caused by an imbalance in your mental space. Proper self-care can bring back that balance and that is why I wrote a whole ebook about everything self-care to help you and others to get back into balance.

CHECK IT OUT

MIND BODY & SOUL

SELF CARE FOR BEGINNERS