

4-WEEK Self-Care Challenge

FOR PARENTS WHO NEED A RESET

Small steps. Big impact. *You matter.*

→ Complete one self-care activity each day. Check it off and celebrate your progress! ←



WEEK 1
PHYSICAL SELF-CARE

Take care of your body to boost your energy and feel good.

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
1	2	3	4	5	6	7
Take a 15-minute walk.	Stretch or do yoga for 10 minutes.	Drink enough water today.	Eat a balanced and healthy meal.	Plan healthy meals for the week.	Unwind with a relaxing evening routine.	Go to bed on time and get quality sleep.
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WEEK 2
MENTAL & EMOTIONAL SELF-CARE

Calm your mind and care for your mental wellness.

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
1	2	3	4	5	6	7
Practice deep breathing or mindfulness.	Spend 10 minutes journaling.	Write down 3 things you're grateful for.	Take a break from social media.	Read a book instead of scrolling.	Spend a few minutes in quiet reflection.	Do something that helps you relax.
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WEEK 3
RELATIONSHIP & SOCIAL SELF-CARE

Nurture connections and surround yourself with positive support.

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
1	2	3	4	5	6	7
Call or text a friend or family member.	Spend quality time with your family.	Perform an act of kindness for someone.	Thank someone who supports you.	Set a healthy boundary that protects your time.	Ask for help when you need it.	Schedule time to connect with someone.
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WEEK 4
CREATIVE & PERSONAL GROWTH SELF-CARE

Make time for what brings you joy and helps you grow.

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
1	2	3	4	5	6	7
Spend time on a hobby you enjoy.	Write, draw, or create something.	Listen to music or a podcast you love.	Revisit an old passion or interest.	Try something new.	Make time for just yourself today.	Reflect on what brings you joy.
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Remember:
Self-care isn't selfish — it helps you show up as your best for the people you love. ♡

The Kreative Life
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My SELF-CARE Reset Plan



REFLECT. RECHARGE. RESET.

THE SELF-CARE HABITS THAT HELPED ME MOST:

ONE THING I WANT TO IMPROVE:

A HOBBY OR PASSION I WANT TO PRIORITIZE:

THE RELATIONSHIPS I WANT TO NURTURE:

THREE SELF-CARE HABITS I'LL CONTINUE AFTER THESE FOUR WEEKS:

1.
2.
3.

HOW DO I WANT TO FEEL AT THE END OF THIS CHALLENGE?

A NOTE TO MYSELF:



YOU MATTER.
YOU ARE ENOUGH.
YOU DESERVE
TO TAKE CARE OF
YOURSELF.

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