

BEOP

BE EXCELLENT ON PURPOSE
& EMBRACE EACH DAY WITH

joy & gratitude!

Bring It On!

BRICKIE TIP #30: Self-Care Challenge

Part of being grateful for ourselves is taking care of ourselves!

Which of the activities below are calling your name?

Now, figure out a way to work at least two or three of these into your week. Check the boxes when you've completed the challenge.

ME TIME:

Take yourself on a solo adventure, like a hike, a museum visit, or a movie night.

INDULGE:

Treat yourself to something you've been wanting for a while (a new book, a fancy beverage, etc.)

LITTLE GIFTS:

Buy yourself a bouquet of flowers or a sweet treat just because.

VOLUNTEER:

Volunteer for a good cause! You'll feel amazing knowing that you've made a positive impact.

HUG IT OUT:

Give yourself a twenty-second hug.

GET COZY:

Take a relaxing bubble bath or surround yourself with soft blankets, cozy clothes, and comfortable spaces.

LOVE NOTES:

Write yourself love notes and leave them in places you will find them.

