BOHO BERRY CHALLENGE

REWIND!

1. INTRODUCTIONS
2. WHAT SELF-CARE MEANS TO ME
3. 10 THINGS THAT MAKE ME SMILE
4. MY FAVORITE WAYS TO RELAX
5. PAMPERING MYSELF
6. MY HAPPY PLACE
7. TAKING A "ME DAY"
8. ASKING FOR HELP
9. 3 THINGS I LOVE ABOUT MYSELF
10. SELF-CARE OBSTACLES
11. I AM THE BEST VERSION OF ME WHEN...
12. 10 MINUTE SELF-CARE BREAKS
13. SITTING IN SILENCE
14. FAVORITE SELF-CARE QUOTE
15. SAYING "NO"
16. MORNING ROUTINE
17. CREATIVE TIME
18. MY FAVORITE HOBBIES
19. ENJOYING THE OUTDOORS
20. LEARNING SOMETHING NEW
21. SCREEN-FREE TIME
22. CREATING A NEW HABIT
23. DECLUTTERING
24. MY FAVORITE PODCASTS
25. JUST BECAUSE IT MAKE ME HAPPY
26. THINGS I'M GRATEFUL FOR
27. GIVING BACK
28. POSITIVE AFFIRMATIONS
29. PHYSICAL SELF-CARE IDEAS
30. RANDOM ACTS OF KINDNESS
31. REWARDING MYSELF

AUGUST

SELF-CARE