




claire's
MOTIVATING
SELF CARE CHALLENGE

Taking care of YOU is important! 

With the sunny days ahead, take advantage of these fab self-care options to boost your mood. Look forward to being a better you by taking time out for self-care!

<p>SUNDAY</p>  <p>Make a list of summer goals</p>	<p>MONDAY</p> <p>Sit in the sun and meditate</p> 	<p>TUESDAY</p>  <p>Learn a new recipe</p>	<p>WEDNESDAY</p> <p>Go on a hike or nature walk</p> 
<p>THURSDAY</p>  <p>Watch the sunset or go stargazing</p>	<p>FRIDAY</p>  <p>Create a sidewalk chalk masterpiece</p>	<p>SATURDAY</p> <p>Have a picnic or eat lunch outside</p> 	<p>SUNDAY</p> <p>Unplug from all technology for at least an hour</p> 
<p>MONDAY</p> <p>Create a new game with water balloons & squirt guns</p>	<p>TUESDAY</p>  <p>Create a summer playlist</p>	<p>WEDNESDAY</p> <p>Take a mid-day nap (extra points if you do it outside!)</p>	<p>THURSDAY</p> <p>Make your own fruit popsicles</p> 
<p>FRIDAY</p>  <p>Practice yoga outside</p>	<p>SATURDAY</p> <p>Make s'mores with all your fave ingredients</p> 	<p>SUNDAY</p> <p>Take candid photos of your family or the outdoors</p> 	 <p>At Home With Claire's</p>