


Breakthrough's Self Care Calendar
We know you've got so much on your plate - so here are
SIMPLE strategies to implement.
We challenge you to take the
Breakthrough Self-Care Challenge
and do something once per day for a full MONTH.

Monitor your journey and make sure to tag us on your
favorite social platform!

#breakthroughselfcarechallenge
@breakthroughintensiveept

DAY 1



START A
GRATITUDE
JOURNAL

DAY 2




READ A FEW
CHAPTERS IN
A NEW OR
FAVORITE BOOK

DAY 3



SAVOR YOUR
MORNING CUP
OF COFFEE

DAY 4



Plan a
night with
friends


DAY 5



UNFOLLOW
NEGATIVE
SOCIAL MEDIA
ACCOUNTS


DAY 6

PAMPER
YOURSELF
HOWEVER YOU
WANT



DAY 7

GO FOR A
PEACEFUL
WALK BY
YOURSELF



DAY 8



Watch your
favorite movie or
show


DAY 9

Write a list of 5
things you love
about yourself



DAY 10

Watch a sunrise
or sunset
with someone
you love



DAY 11



MAKE A
SOOTHING
PLAYLIST

DAY 13

DONATE
5 THINGS YOU
NEVER USE



DAY 14

Follow a
guided
meditation



DAY 15

Turn on your favorite
music and have a
private dance party



DAY 16

EAT YOUR LUNCH
ANYWHERE BUT
YOUR DESK




DAY 17



PLAN
SOMETHING TO
LOOK
FORWARD TO


DAY 18



Print and frame
some of those
pictures from our
phone


DAY 19

Wear something you love



DAY 20

TAKE A YOGA CLASS OR FOLLOW A VIDEO




DAY 21

FIND AN INTERESTING PODCAST AND TAKE A LISTEN




DAY 22

BUY YOURSELF FLOWERS



DAY 23

GO TO BED EARLY



DAY 24

Write & mail a hand written letter or card to someone you love



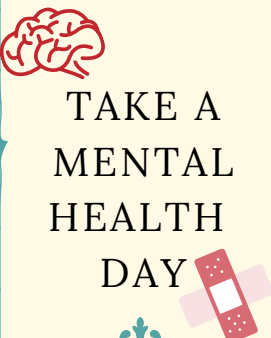
DAY 25

HAVE A PHONE FREE NIGHT



DAY 26

TAKE A MENTAL HEALTH DAY



DAY 27

Set up a "time-out"




DAY 28

Call someone you haven't spoken to in a while



DAY 29

PICK UP A COLORING BOOK AND PENCILS AND GET CREATIVE



DAY 30

TRY SOMETHING NEW



BONUS DAY

Just say "No"



EXTRA BONUS!

REFLECT ON YOUR ACCOMPLISHMENTS



Simple, right? It won't take a ton of effort or time, but it will make a positive difference in how you feel for the day!

Once you get started, you'll see just how important it is to do things for yourself!