

# 37 Days of Self-Care

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|   |  |   |   |  |   |  |
|---|--|---|---|--|---|--|
| <i>1</i><br>BE IN BED BY<br>10 PM             | <i>2</i><br>DRINK 100 OZ<br>OF WATER               | <i>3</i><br>GO FOR A<br>WALK                          | <i>4</i><br>WAKE UP AT<br>6AM AND SIT<br>OUTSIDE    | <i>5</i><br>JOURNAL FOR<br>20 MINUTES              | <i>6</i><br>DO YOGA<br>FOR 30<br>MINUTES      | <i>7</i><br>FLOSS,<br>FLOSS,<br>FLOSS    |
| <i>8</i><br>EAT VEGGIES<br>WITH EVERY<br>MEAL | <i>9</i><br>COOK A MEAL<br>FOR YOU AND<br>A FRIEND | <i>10</i><br>SKIP THE<br>ALCOHOL<br>TODAY             | <i>11</i><br>WASH YOUR<br>FACE MORNING<br>AND NIGHT | <i>12</i><br>GET YOUR<br>WORKOUT ON                | <i>13</i><br>STAY OFF<br>SOCIAL MEDIA         | <i>14</i><br>CALL A FRIEND<br>& CATCH UP |
| <i>15</i><br>DO A FACE<br>MASK                | <i>16</i><br>LISTEN TO A<br>PODCAST                | <i>17</i><br>MAKE A LIST OF<br>GOALS TO<br>ACCOMPLISH | <i>18</i><br>HAVE A GIRLS<br>NIGHT OUT              | <i>19</i><br>TELL SOMEONE<br>YOU LOVE<br>THEM      | <i>20</i><br>MOISTURIZE<br>YOUR WHOLE<br>BODY | <i>21</i><br>WATCH THE<br>SUNSET         |
| <i>22</i><br>MAKE A<br>GRATITUDE<br>LIST      | <i>23</i><br>WATCH YOUR<br>FAVORITE<br>MOVIE       | <i>24</i><br>CREATE AN<br>UPLIFTING<br>PLAYLIST       | <i>25</i><br>PLAN OUT<br>YOUR WEEK                  | <i>26</i><br>WRITE A LIST<br>OF THINGS<br>YOU LOVE | <i>27</i><br>INDULGE IN<br>A SWEET<br>TREAT   | <i>28</i><br>LEARN<br>SOMETHING<br>NEW   |
| <i>29</i><br>PAY IT<br>FORWARD                | <i>30</i><br>MAKE A<br>VISION BOARD                | <i>31</i><br>DO SOMETHING<br>FUN                      |   |  |   |  |