

— IN A —
PERFECT WORLD

Summer Self-Care Challenge

Day 1

Make a list
of summer
goals

Day 2

Sit in the
sun and
meditate

Day 3

Make lemon
water or
lemonade

Day 4

Go on a
hike or
nature walk

Day 5

Enjoy the
pool or
sprinklers

Day 6

Waterguns,
Bubbles, Side-
walk Chalk

Day 7

Picnic or
eat lunch
outside

Day 8

Unplug
from
technology

Day 9

Drink all
the water
today

Day 10

Make a
fruit salad

Day 11

Relax to
the sound
of nature

Day 12

Go out for
ice cream

