

The Sleekgeek 21-Day Self-Care Challenge



DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
 5-Minute Action	 Consume Positive News	 Name Your Emotions	 Get 10 Minutes of Sun	 Change Your Routine	 Make a Playlist	 Take a Nap
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
 Positive Affirmations	 Walk 5,000 Steps	 Unplug From Technology	 Get Creative and Learn	 Do a Home Workout	 Write in a Journal	 Read
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
 Schedule an Important Appointment	 Squash the ANTs	 Dance	 Breath	 Drink Up	 Mindfulness	 Create Your Own Routine

www.sleekgeek.co.za/21-day-self-care-challenge