Sonja FRANZMANN | Certified Fitness and Holistic Health Coach

21 Day Self Care Challenge

This year I've decided to offer you a very valuable challenge - one that focuses on words like - **easy, slow, self-care, happiness, change, lifestyle**. If you like the sound of those words, this challenge is for you.

Start today, and follow each action step I've given you below, for the next 21 days. Keep a journal if you'd like of how you feel now and how you feel throughout the 3 weeks, and after. What AHA moments did you experience?

If you follow my "loving challenge" for the next 21 days, you'll be way ahead of the game to living better under your belt and in your heart. Here's to you and your success! Here we go.

Day 1 - Look in the mirror when you wake up in the morning and say out loud "I love and accept myself today and every day!" You don't have to use my words exactly, feel free to use your own words that convey love and acceptance. Repeat mantra 3 times or more, and really feel it, believe it, and belt it out! It's easy to cringe when you're first starting out, but soon you'll look in the mirror and mean it. Practice, practice, practice.

Day 2 - In the morning while you're still in bed, LAUGH. Laugh for at least 60 seconds, the longer the better! You can laugh about nothing, something you recall that always throws you into a fit of laughter, even watch a silly video on you tube or read a few funny quotes.

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Day 3 - Dance in your living room to two of your favourite songs, and of course dance longer if you feel so good you can't stop!

Day 4 - Drink 8 cups of water today, or more. If you typically drink that much or more, aim for 2-3 litres.

Day 5 - Get outside and into nature. Go for a walk for at least 10 minutes, observe the beauty of nature and breath some fresh air. Bonus points for walking more than 30 minutes!

Day 6 - Two things for today, but one is just booking something in for a later date. So first of all, book a massage with your favourite therapist. And second, take 2 minutes, sit down, and just breathe.

Day 7 - At lunch and dinner, fill half your plate with veggies.

Day 8 - Listen to a guided meditation for 10 minutes or longer.

Day 9 - Ask for help. Go BIG on this one, I promise you aren't a burden to others.

Day 10 - For 60 seconds, tell your body WHY and WHAT you love about her.

Day 11 - Buy yourself flowers.

Day 12 - Buy coffee for the two people behind you at a coffee shop.

Day 13 - Tell your spouse or other loved one how much you love them. Tell them from your heart, how they make you feel and why you appreciate them.

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Day 14 - Put your feet up, have a glass of wine, and celebrate life. Reflect on some of your big 'wins'.

Day 15 - Sleep in. Or take a cat nap after work.

Day 16 - Go to bed 15 minutes earlier than usual.

Day 17 - Don't eat sugar today. Instead enjoy the natural sugar from fruit, aim for 2-3 fresh fruits throughout the day.

Day 18 - When you climb into bed tonight, say out loud, 5 things you loved about your day.

Day 19 - Help somebody in need. A friend, stranger, family member...anyone. Perhaps it's a smile, or your attention, or your kind words, or money for a healthy lunch.

Day 20 - Write out 20 things you love about yourself! What makes you awesome?

Day 21 - Congratulate yourself on completing this 21 Day Self Care Challenge! And feel free to repeat it again and again! This is worth repeating, trust me!

Which day was your favourite, or did you enjoy them all?

Take a few of the 21 rituals that you loved and begin to practice them daily. You are worth it. Remember, self-care is not a selfish act.

Sonja xo