



# *6 Day Self-Care Challenge*

TAKE ACTION WITH ASHLEY

# WELCOME!

Hi Action Taker!

I'm so glad you're here and that you decided to put your self-care first this week! It's so important to prioritize self-care since it can impact our ability to combat stress and affect our overall wellness.

Here is everything you will need throughout this challenge:

- Challenge Calendar
- Activities Checklist
- Quote & Activity of the Day
- Reflection Worksheets

These are included to help you get the most out of your challenge. I encourage you to utilize each of the above items. Remember, what you put into this is what you get out of it. So commit right now to putting yourself first and making time to take care of yourself. It's time to take action on your self-care. You deserve it!

As you move through this challenge I would LOVE to see you taking action with me on social media. Be sure to share your journey with the rest of the community on Instagram using the hashtag #selfcarechallenge and tagging me @action\_ashley.

This community is growing and ready to embrace and support each other's self-growth through self-care - so don't be shy!

Thank you for choosing to take action and taking part in this challenge. I can't wait for these next six days of self-care together.

Warmly,

The name 'Ashley' is written in a black, cursive script. It is centered over a horizontal, textured orange brushstroke that has a slightly irregular, hand-painted appearance.

@action\_ashley

# ***Take Action with Self-Care***

## Challenge Calendar

**Day 1:**

Self-Care x Physical Wellness

**Day 2:**

Self-Care x Occupational Wellness

**Day 3:**

Self-Care x Social Wellness

**Day 4:**

Self-Care x Intellectual Wellness

**Day 5:**

Self-Care x Emotional Wellness

**Day 6:**

Self-Care x Spiritual Wellness

# Day 1: Self-Care x Physical Wellness

Quote of the day: Taking care of yourself doesn't mean me first, it means me too. - L.R. Knost

Activity: Go to bed 30 minutes early

# Day 1: Self-Care x Physical Wellness

## Reflection Questions...

1. What was most rewarding about this activity?

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2. What was most difficult about this activity?

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3. How do you think you could incorporate this activity into your daily routine?

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# Day 2: Self-Care x Occupational Wellness

Quote of the day: Don't let your ice cream melt while you're counting somebody else's sprinkles. - Akilah Hughes

Activity: Write down three positive things you like about your job

# Day 2: Self-Care x Occupational Wellness

## Reflection Questions...

1. What was most rewarding about this activity?

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2. What was most difficult about this activity?

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3. How do you think you could incorporate this activity into your daily routine?

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# Day 3: Self-Care x Social Wellness

Quote of the day: Talk to yourself like you would to someone you love. - Brené Brown

Activity: Make at least one plan to get together with a friend for this weekend

# Day 3: Self-Care x Social Wellness

## Reflection Questions...

1. What was most rewarding about this activity?

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2. What was most difficult about this activity?

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3. How do you think you could incorporate this activity into your daily routine?

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# Day 4: Self-Care x Intellectual Wellness

Quote of the day: Nourishing yourself in a way that helps you blossom in the direction you want to go is attainable, and you are worth the effort. - Deborah Day

Activity: Read 3 - 6 pages of a  
new book

# Day 4: Self-Care x Intellectual Wellness

## Reflection Questions...

1. What was most rewarding about this activity?

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2. What was most difficult about this activity?

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3. How do you think you could incorporate this activity into your daily routine?

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# Day 5: Self-Care x Emotional Wellness

Quote of the day: How we care for ourselves gives our brain messages that shape our self-worth so we must care for ourselves in every way, every day. - Sam Owen

Activity: Smile :) at yourself  
in the mirror and say:  
Everything is going to be ok

# Day 5: Self-Care x Emotional Wellness

## Reflection Questions...

1. What was most rewarding about this activity?

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2. What was most difficult about this activity?

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3. How do you think you could incorporate this activity into your daily routine?

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# Day 6: Self-Care x Spiritual Wellness

Quote of the day: Allow yourself to enjoy each happy moment in your life. - Steve Maraboli

Activity: Step outside and (1) identify one green object then take a long, deep breath, (2) identify one sound then take a long, deep breath, and (3) identify one smell then take a long, deep breath

# Day 6: Self-Care x Spiritual Wellness

## Reflection Questions...

1. What was most rewarding about this activity?

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2. What was most difficult about this activity?

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3. How do you think you could incorporate this activity into your daily routine?

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# *Congrats on completing the 6-Day Self-Care Challenge!*

YOU SHOULD BE SO PROUD OF YOURSELF!

BE SURE TO FOLLOW ME ON SOCIAL MEDIA FOR MORE  
MENTAL HEALTH TIPS AND TRICKS AT @ACTION\_ASHLEY

UNTIL NEXT TIME, ACTION TAKER!