



AUGUST 2026

SELF-CARE CHALLENGE

Little yeses to yourself

Play, notice, and make a little room for the person inside all the roles. Choose what fits; a missed day is not a failed challenge.

SUN	MON	TUE	WED	THU	FRI	SAT
						01 Wear your favorite color.
02 Choose your personal soundtrack for the month.	03 Say no to one nonessential thing so you can rest.	04 Take 10 screen-free minutes alone.	05 Revisit a snack or drink you loved before motherhood.	06 Move in a way that feels good for one song.	07 Ask someone to handle one invisible task.	08 Start a tiny 'want to try' list.
09 Take a nap or rest intentionally.	10 Set a 15-minute boundary around your availability.	11 Use Do Not Disturb for 20 minutes.	12 Use your favorite cup or plate just because.	13 Name one feeling without fixing it.	14 Text someone who knows you beyond motherhood.	15 Give yourself a yes: choose the meal, movie, or music.
16 Sit outside and notice five sounds.	17 Stop one task at 'good enough.'	18 Name three things you like about yourself beyond what you do for others.	19 Try five longer exhales - or stretch if breath focus is not your thing.	20 Take a mental health day (or hour).	21 Decline one request without a long explanation.	22 Do one thing at your natural pace.
23 Rest for 15 minutes before you 'earn' it.	24 Try: 'I can help after ____.'	25 Take a lunch break without multitasking.	26 Try a hobby for 12 minutes; no outcome required.	27 Go somewhere alone.	28 Ask: What would feel kind to me today?	29 Let someone else solve one small household problem.
30 Make today a 'yes to me' day: honor one want.	31 Circle three moments that helped you feel more like yourself.					