



OCTOBER 2026

SELF-CARE CHALLENGE

Cozy, clear, and connected

Choose comfort, protect your energy, and make seasonal traditions fit your actual values. Choose what fits; a missed day is not a failed challenge.

SUN	MON	TUE	WED	THU	FRI	SAT
				01 <i>Pick one cozy ritual for this month.</i>	02 <i>Create a 'no guilt after 8 p.m.' rule.</i>	03 <i>Wear a texture or color that delights you.</i>
04 <i>Have a warm drink for 10 minutes without multitasking.</i>	05 <i>List five things you want more of - not more you should do.</i>	06 <i>Sit in your car for a few extra minutes.</i>	07 <i>Say, 'That does not work for me.'</i>	08 <i>Try a hobby with beginner energy.</i>	09 <i>Watch a show after bedtime guilt-free.</i>	10 <i>List your favorite fall sounds, smells, or flavors.</i>
11 <i>Choose an earlier bedtime or a slower morning.</i>	12 <i>Make room for mixed feelings about the season ahead.</i>	13 <i>Choose one plan you want and one to skip.</i>	14 <i>Put one joy appointment on the calendar.</i>	15 <i>Do absolutely nothing for 5 minutes.</i>	16 <i>Decide your limit for visits, hosting, or photos.</i>	17 <i>Rewatch or reread something that feels like you.</i>
18 <i>Do, watch, listen, or read something that makes you laugh until you snort.</i>	19 <i>Name one tradition you want to keep - and why.</i>	20 <i>Name one tradition you are ready to release.</i>	21 <i>Send a friend a voice note with your real update.</i>	22 <i>Try one creative outfit or accessory.</i>	23 <i>Ask your body: quiet, movement, food, warmth, or space before getting out of bed?</i>	24 <i>Choose a 'good enough' plan for the weekend.</i>
25 <i>Let a safe mess wait 30 minutes while you rest.</i>	26 <i>Make one room smell or sound comforting.</i>	27 <i>Write the sentence you need permission to hear.</i>	28 <i>Pause for two minutes before saying yes.</i>	29 <i>Remind yourself, 'You're still that girl/person,' today.</i>	30 <i>Tell someone one specific way to support you next month.</i>	31 <i>Choose what tonight means to you: celebrate, connect, rest, or opt out.</i>