



SEPTEMBER 2026

SELF-CARE CHALLENGE

A rhythm that includes you

As routines shift, build one that protects your capacity, interests, and need for support. Choose what fits; a missed day is not a failed challenge.

SUN	MON	TUE	WED	THU	FRI	SAT
		01 <i>Choose a personal theme word for the season.</i>	02 <i>Light a candle and relax</i>	03 <i>Set a closing time for work or household tasks for the month.</i>	04 <i>Spend time in nature</i>	05 <i>Plan one solo mini-date.</i>
06 <i>Give yourself permission to rest</i>	07 <i>Take a scenic drive.</i>	08 <i>Taste or cook one seasonal food you genuinely like.</i>	09 <i>Mute one account that triggers comparison.</i>	10 <i>Lower one household standard for this month..</i>	11 <i>Write a note to the version of you entering fall.</i>	12 <i>Celebrate a personal win</i>
13 <i>Say, 'I need time to decide.'</i>	14 <i>Reclaim an old interest through a book, article, or podcast.</i>	15 <i>Put one of your needs on the family calendar.</i>	16 <i>Create a three-song mood-shift playlist.</i>	17 <i>Receive help or a compliment without deflecting.</i>	18 <i>Call someone who fills your cup</i>	19 <i>Take a solo walk outside</i>
20 <i>Replace one 'should' with 'What works for us?'</i>	21 <i>Hand off one task with a clear owner and finish line.</i>	22 <i>Donate something that no longer serves you</i>	23 <i>Wear something that makes you feel cozy.</i>	24 <i>Write one affirmation to take into the weekend.</i>	25 <i>Try a five-minute creative experiment.</i>	26 <i>Let one tradition be optional.</i>
27 <i>Watch the sunset</i>	28 <i>Give one honest answer beyond 'I'm fine.'</i>	29 <i>Try a cozy fall drink</i>	30 <i>Do at least 1 fun thing today</i>			