



# 30 DAYS

## A DAILY JOURNEY TO PUT YOURSELF FIRST

This calendar will help you gradually build self-prioritization habits that nourish you on every level. Designed specifically for women, each day offers a small but meaningful challenge that centers your needs, promotes self-care, and celebrates your growth.



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# WEEK 1

## BUILDING AWARENESS OF YOUR NEEDS

| DAY<br>1   | DAY<br>2   | DAY<br>3  | DAY<br>4   | DAY<br>5   | DAY<br>6  | DAY<br>7   |
|--|--|---|--|--|---|--|
| <p>REFLECT ON YOUR INTENTIONS:</p> <p>Take 5 minutes to write down what you want out of this month. How do you want to feel, and what do you want to prioritize?</p> | <p>SET A DAILY CHECK-IN TIME</p> <p>Choose a time each day to ask yourself: How am i feeling, and what do I need right now?</p> <p>Set a reminder on your phone.</p> | <p>HONOR A NEED</p> <p>Identify a need you've been ignoring, like rest, social time, or alone time. Schedule it in for today.</p> | <p>SET A BOUNDARY</p> <p>Identify an area where you tend to day "yes" out of obligation. Practice saying "no" today with kindness.</p> | <p>CELEBRATE A RECENT WIN</p> <p>Reflect on a recent accomplishment, big or small: take a moment to celebrate it in a way that feels special to you.</p> | <p>VISUALIZE A GOAL</p> <p>Spend 5 minutes visualizing a goal you have, no matter how big or small. Imagine what achieving it will feel like.</p> | <p>TREAT YOURSELF TO A SMALL LUXURY</p> <p>Indulge in something you love but rarely make time for -- like a favorite treat, a bath, or a special coffee.</p> |

# WEEK 2

## PRACTICING SELF-CARE

| DAY 8   | DAY 9  | DAY 10   | DAY 11  | DAY 12   | DAY 13  | DAY 14   |
|---|--|--|---|--|---|--|
| <p>MAKE TIME FOR MOVEMENT</p> <p>Engage in a type of movement that feels joyful -- dance, stretch, or walk for at least 10 minutes.</p> | <p>SPEAK AN AFFIRMATION</p> <p>Choose an affirmation that resonates, such as "I am worthy of care."<br/>Say it out loud several times today.</p> | <p>TRY MINDFUL BREATHING</p> <p>Take a few moments today to try mindful breathing. Inhale deeply for 4 counts, hold for 4, exhale for 4. Repeat 5 times.</p> | <p>REFLECT ON A ROLE MODEL</p> <p>Think about a woman you admire who prioritizes herself. Journal on what you can learn from her example.</p> | <p>TAKE A GUILT-FREE BREAK</p> <p>Carve out 15 minutes to do something purely enjoyable and restful -- no "shoulds" allowed!</p> | <p>WRITE A LOVE NOTE TO YOURSELF</p> <p>Write a short note or list of qualities you love about yourself. Put it somewhere you can see it.</p> | <p>PLAN TOMORROW WITH CARE</p> <p>Set up tomorrow in a way that supports your well-being. Include one intentional activity you'll forwards to.</p> |

# WEEK 3

## NURTURING BODY AND SPIRIT

| DAY<br>15  | DAY<br>16  | DAY<br>17  | DAY<br>18  | DAY<br>19  | DAY<br>20   | DAY<br>21  |
|--|--|--|--|--|---|--|
| <p>HYDRATE<br/>WITH<br/>INTENTION</p> <p>Focus on drinking enough water today, recognizing that this is a small but powerful act of self-care.</p> | <p>NOURISH<br/>WITH A<br/>WHOLESOME<br/>MEAL</p> <p>Make or buy yourself a nourishing meal, savoring every bite. Enjoy it as an act of love for your body.</p> | <p>CONNECT<br/>WITH<br/>SOMEONE<br/>SUPPORTIVE</p> <p>Reach out to a friend or mentor who uplifts you, even if it's just to say hello.</p> | <p>PRACTICE<br/>SAYING "NO"</p> <p>Set a boundary around your time or energy today. Protecting your time is essential for self-prioritization.</p> | <p>WRITE<br/>DOWN 3<br/>GRATITUDES</p> <p>Reflect on three things you're grateful for and write them down.</p> | <p>SPEND TIME<br/>IN NATURE</p> <p>If possible, take a short walk outside or sit in a park. Let nature's beauty recharge you.</p> | <p>DECLUTTER<br/>A SMALL<br/>SPACE</p> <p>Tidy or declutter a small area like your desk or purse. Creating order around you can create mental clarity.</p> |

# WEEK 4

## EMBRACING GROWTH AND RESILIENCE

| DAY<br>22  | DAY<br>23   | DAY<br>24   | DAY<br>25  | DAY<br>26  | DAY<br>27  | DAY<br>28  |
|--|---|---|--|--|--|--|
| <p>TRY A NEW ACTIVITY</p> <p>Do something today that's just for fun! It could be trying a new recipe, hobby, or music.</p> | <p>RELEASE WHAT NO LONGER SERVES YOU</p> <p>Write down something you're ready to let go of -- whether it's self-doubt, a habit, or a limiting belief.</p> | <p>LISTEN TO AN EMPOWERING PODCAST</p> <p>Find a podcast episode that speaks to self-care, empowerment, or growth for women of color. Reflect on what you hear.</p> | <p>JOURNAL ON PERSONAL GROWTH</p> <p>Reflect on how you've grown recently. Write about the strength you've built and what you're proud of.</p> | <p>CREATE A VISION FOR THE FUTURE</p> <p>Sketch or journal about your dreams and aspirations. What does a life of self-prioritization look like for you?</p> | <p>LIST 3 "WINS" THIS MONTH</p> <p>Write down three things you did well this month. These could be moments of courage, care or progress.</p> | <p>SPEND TIME UNPLUGGED</p> <p>Take 30 minutes or more to disconnect from screens. Use this time to focus on being present and enjoy the moment.</p> |
| <p>DAY<br/>29</p>  | <p>DO A SELF-CARE ACTIVITY YOU LOVE</p> <p>Choose a favorite self-care ritual today, whether it's a skincare routine, a long bath, or a reading.</p>      |   |  | <p>REFLECT ON YOUR JOURNEY</p> <p>Look back over the past 30 days. What's changed? How do you feel about making self-prioritization part of your life?</p>   |  | <p>DAY<br/>30</p>  |