



*21 Days of*  
**SELF-CARE**  
*Challenge*

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Ok so you've been reading about self-care all over the place  
and it seems pretty simple right? Right!

*So why isn't everyone doing it?*

From my personal experience, for us women, it's simply because we are natural care takers. We put the needs of our partners, our parents, our children, our jobs and even our friends all before our own. And although caring for others is crucial for establishing and maintaining healthy relationships, we cannot continue to neglect the relationship we should have with ourselves.

If you think about it, you can't serve others from an empty cup. It's why we sleep at night in order to function the next day. Cars are the same, they need tune ups, oil changes, gas, all to ensure they are running smoothly. In the same manner you need to check in with yourself.

Asses what it is you're lacking or in need off. These assessments will help you determine what it is you need to replenish that day. Your body, your mind, your spirit, they all need to be cared for.

Can you imagine how much more efficient, vibrant and spectacular you'd be if you were only meeting one of your daily needs?

Contact [TimelessEssence on IG](#) for more information

## *What is Self-Care?*

Self-care consists of practices you must incorporate into your daily routines in order to replenish your mind, body and spirit. Not just activities that make you feel better or “good”.

The problem is that replenishing yourself requires work. Like digging deep, asking yourself those uncomfortable questions about your character flaws, bad habits or addictions. Self-care isn't just slapping on a facemask and painting your nails.

No darling! It's actually hard work!

Let's not forget that you aren't only replenishing your physical body, but also your mind, your spirit and most importantly your soul. You know all those areas in your life others can't see. How are you emotionally? How's that heart of yours? What resentment is still residing there? Who are you still holding grudges against?

If you know these are some areas that need work in your life, self-care may look like you journaling through painful events to finally evict people from your heart. It may involve learning more about forgiveness in order to release that knot you've been carrying around your stomach all these years. Both of these examples are emotionally taxing, but like I said previously, self-care requires you putting in work that most of us choose to ignore or suppress. All in order to heal and develop our best possible selves.

I have started a 21 Days of Self-Care Challenge on Instagram, where each night I share on my story what self-care practice I indulged in that day. They say it takes 21 days to create a new habit, so I have started this challenge to break my own patterns of self-neglect. If I make taking care of myself a habit, a part of my lifestyle, I know I will not only feel better physically, but also emotionally.

If you think you can benefit from this 21 Days of Self-Care Challenge all you have to do is pick one or more practices of self-care and give yourself the time to fully indulge in them, one a day for 21 days. If you skip or miss a day, don't worry just keep going. We are striving to love and care for ourselves, not perfection, so don't beat yourself up. I have attached a list of practices below for reference or inspiration.

If you are joining the challenge and posting on social media, please use the hashtags **#21DaysOfSelfCare** **#BeEncouraged** **#TimelessEssence** I'd love to see what you ladies are doing.

Now, if you're onboard, you're only 21 days away from loving yourself a whole lot more Queen!

With Love,

*Shirley*

## Overall Mood

- ✓ Light a candle
- ✓ Declutter – Clear your space
- ✓ Turn on your diffuser
- ✓ Play some music
- ✓ Have a glass of wine
- ✓ Water your plants
- ✓ Buy a plant if you don't own one
- ✓ Unplug from ALL social media

## Body

- ✓ Take a bubble bath
- ✓ Exfoliate your skin
- ✓ Soak in Epsom Salt
- ✓ Dry Brush your skin
- ✓ Face mask
- ✓ Get 8 hours of sleep
- ✓ Home Spa? Why not??  
Just look up how to's on YouTube

## Heart & Soul

- ✓ Pray
- ✓ Meditate
- ✓ Spiritual Retreat
- ✓ Take Deep Breaths
- ✓ Look in the mirror and  
tell yourself you're beautiful

### *\*Disclaimer*

Practices of self-care don't include binge drinking or using recreational drugs on the weekends. Retail therapy with money you don't have, dinners or parties you can't afford or any other forms of self-sabotaging behaviors.

## Physical Health

- ✓ Workout
- ✓ Go for a jog
- ✓ Weight Training
- ✓ Yoga
- ✓ Get a massage
- ✓ Get a facial
- ✓ Schedule a physical
- ✓ Get 8 hours of sleep

## Mental Health

- ✓ Talk to an old friend
- ✓ Journal
- ✓ Cry
- ✓ Read or listen to an audible
- ✓ Watch a funny movie
- ✓ Meditate
- ✓ Mindful Meditation
- ✓ 5 Senses Meditation
- ✓ Stop – Just Breathe
- ✓ Set an intention for the day
- ✓ Write down your goals
- ✓ Take a personal day NO WORK
- ✓ Forgive yourself
- ✓ Unplug for an hour... completely
- ✓ Tell yourself you're beautiful
- ✓ See a therapist