

30 Days of *Bella Magic*

– Summer Self-Care Challenge –

Paint your
toenails a
cheerful color.

Walk barefoot
through
some grass.

Wear your
favorite sundress
with a pair of
sneakers.

Go to the
library and
check out as
many books as
you can carry.

Buy yourself
a bouquet
of flowers
from the
supermarket.

Make freshly
squeezed
lemonade.

Take a
different route
home.

Put fresh
berries in a
pretty teacup
to snack on.

Have pizza
and champagne
(or sparkling
cider) for
dinner.

Take a social
media break.

Buy a frozen
treat from
an ice cream
truck.

Toast
marshmallows.

Swing on a
swing set.

Visit a place
in your town
you've never
been to.

Put together a
puzzle.

Draw a silly
picture on the
sidewalk with
chalk.

Write a
letter to a
friend.

Make
friendship
bracelets for
yourself and a
loved one.

Play a board
game.

Have a
picnic lunch
alone.

Spend an
evening
outside with
friends.

Dance to
your favorite
song.

Make sun tea.

Hang your
bed linens
outside to dry
in the sun.

Eat breakfast
for dinner.

Ride a bike.

Stay up
late reading.

Watch your
favorite
comfort movie.

Make popsicles.

Get up early
and read out-
side before it
gets too warm.