Daily Self-Care Challenge!

The Flare Ambassadors would like to invite you to join us on our 50 days of self-care challenges during isolation!
Day 21
Try a new recipe by baking or cooking at home!

Day 22
Appreciate your pet!
Share a photo of your furry friend, or if you don’t have one, post a photo of the pet you would like!

Day 23
Do some gardening.

Day 24
Make up a new dance or work-out routine...

Day 25
Write a family member/friend a letter...

Day 26
Try some yoga or meditation...

Day 27
Make an after-Quarantine bucket list.

Day 28
Write a short story or create a short film.

Day 29
Capture a picture of something beautiful on your doorstep.

Day 30
Complete a small act of kindness or give somebody a compliment.

Day 31
Exercise for 30 minutes.

Day 32
Eliminate social media usage for a day and do something you enjoy.

Day 33
Sit down at the table and kick start your day with a lovely breakfast.

Day 34
Write some poetry.

Day 35
Be healthy! Eat some fruit or veg.

Day 36
Complete a puzzle E.g. Sudoku, wordssearch or jigsaw...

Day 37
Take care of your skin!
Do a face mask or use some moisturiser.

Day 38
Write a letter to your future self.

Day 39
Watch the sunrise or sunset.

Day 40
Text a loved one and tell them why they are special to you.

Day 41
Write down something which has made you laugh or smile today.

Day 42
Take a photograph of something that makes you happy.

Day 43
Make a cup of tea or coffee and take time to enjoy it!

Day 44
Learn a new word.

Day 45
Make something creative...

Day 46
Bake something nice.

Day 47
Write down something you accomplished today that you were proud of...

Day 48
Do something for charity.

Day 49
Learn a new skill.

Day 50
Write down a list of happy memories.