

AUGUST SELF-CARE CHALLENGE

AUGUST 2022

WEEK 1

08/01 Do Something Nice for Someone!

08/02 Learn A New Recipe & Share the Dish

08/03 Go For A Walk (Early to Avoid the Heat!)

08/04 Get Tested for COVID-19

08/05 Donate to A Charity (like FIND Food Bank)

08/06 Visit the Palm Springs Art Museum



WEEK 2

Get Tested for COVID-19! 08/07

Hike A Desert Trail (Early to Avoid the Heat!) 08/08

Eat A Cool Treat! (Ice Cream, Raspado, etc...) 08/09

Have A Picnic in the Park! 08/10

Relax & Don't Be Hard on Yourself 08/11

Turn Up A Favorite Song For A Dance Break! 08/12

Volunteer for A Local Nonprofit 08/13



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WEEK 3

08/14 Listen to A New Album (Beginning to End)

08/15 Get Tested for COVID-19

08/16 Tidy Up Your Space or Room!

08/17 Support A Sport (Play or Cheer On!)

08/18 Donate to A Charity (like Revivals)

08/19 Create (Art, Music, Poetry!)

08/20 Meditate (chant, yoga, etc...)



WEEK 4

Get Tested for COVID-19 08/21

Learn A New Hobby Like Needlepoint 08/22

Go For A Walk (Early to Avoid the Heat!) 08/23

Visit the Indio Open Air Market! 08/24

Do Something Nice For Someone! 08/25

Volunteer in Your Local Community 08/26

Read A Book or Start A Puzzle 08/27



WEEK 5

08/28

Learn & Share
A New Dish

08/29

Get Tested for
COVID-19

08/30

Visit the Coachella
Valley Museum

08/31

Meditate
(chant, yoga,
etc...)