



Mind Body Education

Holistic Success Hub - Resources

Self-Care Booster Challenge Kit

Purpose: Use this high-value 10-day self-care challenge to attract new clients, build engagement, and promote your holistic practice.

Includes daily activities, email prompts, and editable graphic ideas for easy social sharing.

How to Use This Kit

Share the challenge via email or social media over 10 days.

Encourage participants to share their progress and reflections using a branded hashtag.

Use this as a lead magnet, social media campaign, or part of a wellness event.

Daily Challenge Activities, Text Prompts & Graphic Ideas

DAY 1: Create a Self-Care Space

Activity:

Designate a corner or space in your home for rest and reflection. Add candles, cushions, or calming items.

Text Prompt: "Your environment matters. Today, create a self-care nook that welcomes you home to yourself."

Graphic Idea: Before/after photo of a self-care corner + affirmation overlay: "This space is my sanctuary."

DAY 2: Digital Detox Hour

Activity: Take one hour today without screens or devices.

Text Prompt: "Unplug to recharge. Notice how your nervous system responds when you step away from the noise."

Graphic Idea: Image of nature or someone journaling with text: "One hour offline = one step toward balance."

DAY 3: Nourish with Intention

Activity: Prepare a healthy, intentional meal and eat it mindfully.

Text Prompt: "Food is self-love in motion. Today, nourish yourself with presence and gratitude."

Graphic Idea: Plate of wholesome food with overlay: "I honour my body with every bite."

DAY 4: Mindful Movement

Activity: Take 10–30 minutes for yoga, stretching, or a nature walk.

Text Prompt: "Move with kindness today. What does your body need most right now?"

Graphic Idea: Walking feet or yoga mat image with text: "Movement is medicine."

DAY 5: Connect with Nature

Activity: Spend at least 15 minutes outdoors. Observe, listen, and breathe deeply.

Text Prompt: "The earth heals us quietly. Let nature hold you today."

Graphic Idea: Trees, sky, or ocean with quote: "Nature is not a place to visit. It is home."

DAY 6: Reclaim Stillness

Activity: Practice 5–10 minutes of meditation or quiet breathing.

Text Prompt: "Stillness is a power move. Pause and meet yourself in silence today."

Graphic Idea: Peaceful image with text: "In stillness, I remember who I am."

DAY 7: Acts of Kindness

Activity: Do something kind for someone else—send a message, give a compliment, or help a stranger.

Text Prompt: "Kindness uplifts everyone. Today's self-care is through giving."

Graphic Idea: Heart or hand image with overlay: "Be the reason someone smiles today."

DAY 8: Release What No Longer Serves

Activity: Write down limiting beliefs or habits and let them go—burn, shred, or bury them.

Text Prompt: "Today is for emotional release. What can you let go of to lighten your load?"

Graphic Idea: Flame or journal with text: "I release to rise."

DAY 9: Creative Expression

Activity: Draw, paint, dance, write—express yourself freely.

Text Prompt: "Creativity is self-care in colour and rhythm. Let your soul speak today."

Graphic Idea: Artistic tools with overlay: "My creativity is healing energy."

DAY 10: Gratitude Reflection

Activity: Reflect on the past 10 days. Write down 5 things you're grateful for about yourself.

Text Prompt: "You've shown up. Today, honour your growth and celebrate yourself with gratitude."

Graphic Idea: Journal and pen with text: "I am proud of the way I've cared for me."

Editable Graphic Suggestions

Use Canva or Adobe Express to create editable templates with your brand colours and logo.

Design quote cards, checklist graphics, or Instagram carousel slides.

Include space for followers to write in their answers (e.g., "Today's self-care was: _____").

Bonus Engagement Tips

Encourage participants to use a challenge hashtag (e.g., #SelfCareWith[YourName]).

Host a short daily live check-in or share your own experience in stories.

Offer a bonus (free download, discount, or discovery session) to those who complete all 10 days.