



# 30 Day Self Care Guide

A FREE GUIDE FOR  
WOMEN WHO WANT  
MORE IN LIFE

# My Vision

Hey there, Gorgeous. ♥♥

Have you ever seen the movie, “The Notebook”? I’m sitting here replaying a notorious scene in my head and can’t stop picturing myself as Ryan Gosling right now... “What do you want? What do YOU want?!” 😊 ‘Cause that’s the question I have for you today - *What do YOU want in life?*

As women, we’re constantly managing a full plate. Taking care of our kids, spouses or partners, houses, careers, multiple schedules, and friendships – It’s a lot to handle. Yet what almost always gets left off the plate is our own health and wellness, goals, dreams, and needs. Why is that?

You were made for so much more. Your purpose in life isn’t to make sure everyone around you is taken care of and satisfied. Your purpose is to find what makes you the healthiest, happiest version of yourself and what absolutely sets your soul on fire.

Sure, serving others is an important part of life. But it’s not the *only* part of your life. And I’m here to help you see that. ‘Cause let me tell ya, this self-care guide isn’t *just* gonna give you 30 different ways to love yourself. It’s gonna provide you with daily prompts that’ll help you learn more about yourself, explore your interests and passions, and get you fired UP to take action in your health, wellness, and LIFE!

# My Vision

Over these next 30 days I want you to get real with yourself. Fully commit to 30 days of tracking your health and wellness habits - Water, nutrition, exercise, mindset, and you guessed it... self-care. And if you feel comfortable, I'd also love for you to join and talk about your "personal prompt" responses in my accountability group so we can celebrate you and all your soul searching!

At the end of your 30 days I hope this is exactly what you needed to set yourself free and become the woman you've been searching for.

With all my love,

Nicole



## DAY 1

SELF-CARE IDEA: DIFFUSE YOUR FAVORITE ESSENTIAL OIL.

Date: \_\_\_\_ | \_\_\_\_ | \_\_\_\_

Water Goal: \_\_\_\_ oz    Actual Total: \_\_\_\_ oz

(○ = 20OZ.)    ● ● ● ● ● ● ●

Personal Prompt of the Day: What uplifts your energy? What weakens it?

---

---

---

---

Breakfast

---

Lunch

---

Dinner

---

Snack(s)

---

Workout? ● YES    ● NO

If yes - Workout completed: \_\_\_\_\_

Current Mindset or Other Thoughts: What made today great? How can you make tomorrow better?

---

---

---

---

## DAY 2

SELF-CARE IDEA: WRITE A LIST OF YOUR ACCOMPLISHMENTS.

Date: \_\_\_\_ | \_\_\_\_ | \_\_\_\_

Water Goal: \_\_\_\_ oz    Actual Total: \_\_\_\_ oz

(○ = 20OZ.)    ● ● ● ● ● ● ●

**Personal Prompt of the Day:** What is your favorite intrinsic quality about yourself? Be specific.

---

---

---

---

Breakfast

---

Lunch

---

Dinner

---

Snack(s)

---

Workout? ● YES    ● NO

If yes - Workout completed: \_\_\_\_\_

Current Mindset or Other Thoughts: What made today great? How can you make tomorrow better?

---

---

---

---

## DAY 3

SELF-CARE IDEA: TAKE 15 MINUTES FOR UNINTERRUPTED READING.

Date: \_\_\_\_ | \_\_\_\_ | \_\_\_\_

Water Goal: \_\_\_\_ oz    Actual Total: \_\_\_\_ oz

(○ = 20OZ.)    ● ● ● ● ● ● ●

**Personal Prompt of the Day:** Where would you like to see yourself in 1 year, 5 years, and 10 years? What are you doing? How do you feel?

---

---

---

---

Breakfast

---

Lunch

---

Dinner

---

Snack(s)

---

Workout? ● YES    ● NO

If yes - Workout completed: \_\_\_\_\_

Current Mindset or Other Thoughts: What made today great? How can you make tomorrow better?

---

---

---

---

## DAY 4

SELF-CARE IDEA: SPEND QUALITY TIME WITH A LOVED ONE.

Date: \_\_\_\_ | \_\_\_\_ | \_\_\_\_

Water Goal: \_\_\_\_ oz    Actual Total: \_\_\_\_ oz

(○ = 20OZ.)



Personal Prompt of the Day: List 5 hobbies or activities that bring you joy.

---

---

---

---

Breakfast

---

Lunch

---

Dinner

---

Snack(s)

---

Workout? ☐ YES    ☐ NO

If yes - Workout completed: \_\_\_\_\_

Current Mindset or Other Thoughts: What made today great? How can you make tomorrow better?

---

---

---

---

## DAY 5

SELF-CARE IDEA: DECLUTTER OR ORGANIZE A SMALL SPACE  
THAT WILL EASE YOUR MIND.

Date: \_\_\_\_ | \_\_\_\_ | \_\_\_\_

Water Goal: \_\_\_\_ oz    Actual Total: \_\_\_\_ oz

(○ = 20OZ.)    ● ● ● ● ● ● ●

*30 DAY SELF CARE GUIDE: A FREE GUIDE FOR WOMEN WHO WANT MORE IN LIFE*

**Personal Prompt of the Day:** What is your favorite part of your daily routine?

---

---

---

---

Breakfast

---

Lunch

---

Dinner

---

Snack(s)

---

Workout? ● YES    ● NO

If yes - Workout completed: \_\_\_\_\_

Current Mindset or Other Thoughts: What made today great? How can you make tomorrow better?

---

---

---

---



## DAY 6

SELF-CARE IDEA: TRY A SHORT YOGA SESSION OR STRETCHING WORKOUT.

Date: \_\_\_\_ | \_\_\_\_ | \_\_\_\_

Water Goal: \_\_\_\_ oz    Actual Total: \_\_\_\_ oz

(○ = 20OZ.)    ● ● ● ● ● ● ●

**Personal Prompt of the Day:** What's the first health and wellness goal you'd like to accomplish? Be specific.

---

---

---

Breakfast

---

Lunch

---

Dinner

---

Snack(s)

---

Workout? ● YES    ● NO

If yes - Workout completed: \_\_\_\_\_

Current Mindset or Other Thoughts: What made today great? How can you make tomorrow better?

---

---

---

---

## DAY 7

SELF-CARE IDEA: GO TO BED 15 MINUTES EARLIER TONIGHT.

Date: \_\_\_\_ | \_\_\_\_ | \_\_\_\_

Water Goal: \_\_\_\_ oz    Actual Total: \_\_\_\_ oz

(○ = 20OZ.)    ● ● ● ● ● ● ●

**Personal Prompt of the Day:** What are some positive and negative habits you have?

---

---

---

---

Breakfast

---

Lunch

---

Dinner

---

Snack(s)

---

Workout? ● YES    ● NO

If yes - Workout completed: \_\_\_\_\_

Current Mindset or Other Thoughts: What made today great? How can you make tomorrow better?

---

---

---

---

## DAY 9

SELF-CARE IDEA: WRITE DOWN 10 THINGS YOU ARE GRATEFUL FOR.

Date: \_\_\_\_ | \_\_\_\_ | \_\_\_\_

Water Goal: \_\_\_\_ oz    Actual Total: \_\_\_\_ oz

(○ = 20OZ.)



**Personal Prompt of the Day:** What's your favorite type of exercise? Why do you love it and how does it make you feel?

---

---

---

---

Breakfast

---

Lunch

---

Dinner

---

Snack(s)

---

Workout? ☐ YES    ☐ NO

If yes - Workout completed: \_\_\_\_\_

Current Mindset or Other Thoughts: What made today great? How can you make tomorrow better?

---

---

---

---

## DAY 10

### SELF-CARE IDEA: LISTEN TO A PODCAST.

Date: \_\_\_\_ | \_\_\_\_ | \_\_\_\_

Water Goal: \_\_\_\_ oz    Actual Total: \_\_\_\_ oz

(○ = 20OZ.)    ● ● ● ● ● ● ●

**Personal Prompt of the Day:** Who is a role model or mentor in your life? What do you love about them?

---

---

---

---

Breakfast

---

Lunch

---

Dinner

---

Snack(s)

---

Workout? ● YES    ● NO

If yes - Workout completed: \_\_\_\_\_

Current Mindset or Other Thoughts: What made today great? How can you make tomorrow better?

---

---

---

---

## DAY 11

SELF-CARE IDEA: ENJOY A WARM BATH OR SHOWER.

Date: \_\_\_\_ | \_\_\_\_ | \_\_\_\_

Water Goal: \_\_\_\_ oz    Actual Total: \_\_\_\_ oz

(○ = 20OZ.)    ● ● ● ● ● ● ●

**Personal Prompt of the Day:** Are you a perfectionist? How does that impact reaching your goals?

---

---

---

---

Breakfast

---

Lunch

---

Dinner

---

Snack(s)

---

Workout? ● YES    ● NO

If yes - Workout completed: \_\_\_\_\_

Current Mindset or Other Thoughts: What made today great? How can you make tomorrow better?

---

---

---

---

## DAY 12

SELF-CARE IDEA: SHOW A RANDOM ACT OF KINDNESS TO SOMEONE.

Date: \_\_\_\_ | \_\_\_\_ | \_\_\_\_

Water Goal: \_\_\_\_ oz    Actual Total: \_\_\_\_ oz

(○ = 20OZ.)    ● ● ● ● ● ● ●

Personal Prompt of the Day: How can you take more risks starting today? What will you do first?

---

---

---

---

Breakfast

---

Lunch

---

Dinner

---

Snack(s)

---

Workout? ● YES    ● NO

If yes - Workout completed: \_\_\_\_\_

Current Mindset or Other Thoughts: What made today great? How can you make tomorrow better?

---

---

---

---

## DAY 13

SELF-CARE IDEA: PLAN YOUR DAY THE NIGHT BEFORE.

Date: \_\_\_\_ | \_\_\_\_ | \_\_\_\_

Water Goal: \_\_\_\_ oz    Actual Total: \_\_\_\_ oz

(○ = 20OZ.)    ● ● ● ● ● ● ●

**Personal Prompt of the Day:** How would the people in your life describe you? What would they say about you?

---

---

---

---

Breakfast

---

Lunch

---

Dinner

---

Snack(s)

---

Workout? ● YES    ● NO

If yes - Workout completed: \_\_\_\_\_

Current Mindset or Other Thoughts: What made today great? How can you make tomorrow better?

---

---

---

---

## DAY 14

SELF-CARE IDEA: SHUT OFF SCREEN TIME AN HOUR BEFORE BED.

Date: \_\_\_\_ | \_\_\_\_ | \_\_\_\_

Water Goal: \_\_\_\_ oz    Actual Total: \_\_\_\_ oz

(○ = 20OZ.)    ● ● ● ● ● ● ●

**Personal Prompt of the Day:** Describe a moment you felt peace this past week. Be specific.

---

---

---

---

Breakfast

---

Lunch

---

Dinner

---

Snack(s)

---

Workout? ● YES    ● NO

If yes - Workout completed: \_\_\_\_\_

Current Mindset or Other Thoughts: What made today great? How can you make tomorrow better?

---

---

---

---



## DAY 15

### SELF-CARE IDEA: GIVE YOURSELF A DIY FACIAL.

Date: \_\_\_\_ | \_\_\_\_ | \_\_\_\_

Water Goal: \_\_\_\_ oz    Actual Total: \_\_\_\_ oz

(○ = 20OZ.)    ● ● ● ● ● ● ●

Personal Prompt of the Day: How can you start showing more compassion toward yourself?

---

---

---

---

Breakfast

---

Lunch

---

Dinner

---

Snack(s)

---

Workout? ● YES    ● NO

If yes - Workout completed: \_\_\_\_\_

Current Mindset or Other Thoughts: What made today great? How can you make tomorrow better?

---

---

---

---

## DAY 16

SELF-CARE IDEA: COLOR, DRAW, OR PAINT.

Date: \_\_\_\_ | \_\_\_\_ | \_\_\_\_

Water Goal: \_\_\_\_ oz    Actual Total: \_\_\_\_ oz

(○ = 20OZ.)    ● ● ● ● ● ● ●

**Personal Prompt of the Day:** Describe how you would live if you weren't afraid of what people thought about you.

---

---

---

---

Breakfast

---

Lunch

---

Dinner

---

Snack(s)

---

Workout? ● YES    ● NO

If yes - Workout completed: \_\_\_\_\_

Current Mindset or Other Thoughts: What made today great? How can you make tomorrow better?

---

---

---

---

## DAY 17

### SELF-CARE IDEA: CLEAN OUT YOUR EMAIL INBOX.

Date: \_\_\_\_ | \_\_\_\_ | \_\_\_\_

Water Goal: \_\_\_\_ oz    Actual Total: \_\_\_\_ oz

(○ = 20OZ.)    ● ● ● ● ● ● ●

**Personal Prompt of the Day:** What are 5 limiting beliefs you have about yourself? Cross them out and rewrite them in a positive way.

---

---

---

---

Breakfast

---

Lunch

---

Dinner

---

Snack(s)

---

Workout? ● YES    ● NO

If yes - Workout completed: \_\_\_\_\_

Current Mindset or Other Thoughts: What made today great? How can you make tomorrow better?

---

---

---

---

## DAY 18

SELF-CARE IDEA: GIVE YOURSELF A DIY MANICURE OR PEDICURE.

Date: \_\_\_\_ | \_\_\_\_ | \_\_\_\_

Water Goal: \_\_\_\_ oz    Actual Total: \_\_\_\_ oz

(○ = 20OZ.)    ● ● ● ● ● ● ●

**Personal Prompt of the Day:** How do you spend the majority of your free time? Do you enjoy how you spend it?

---

---

---

---

Breakfast

---

Lunch

---

Dinner

---

Snack(s)

---

Workout? ● YES    ● NO

If yes - Workout completed: \_\_\_\_\_

Current Mindset or Other Thoughts: What made today great? How can you make tomorrow better?

---

---

---

---

## DAY 19

SELF-CARE IDEA: WATCH YOUR FAVORITE TV SHOW OR MOVIE.

Date: \_\_\_\_ | \_\_\_\_ | \_\_\_\_

Water Goal: \_\_\_\_ oz    Actual Total: \_\_\_\_ oz

(○ = 20OZ.)    ● ● ● ● ● ● ●

**Personal Prompt of the Day:** What do you love about your life right now? What would you like to see change?

---

---

---

---

Breakfast

---

Lunch

---

Dinner

---

Snack(s)

---

Workout? ● YES    ● NO

If yes - Workout completed: \_\_\_\_\_

Current Mindset or Other Thoughts: What made today great? How can you make tomorrow better?

---

---

---

---

## DAY 20

SELF-CARE IDEA: INDULGE IN YOUR FAVORITE DESSERT OR MEAL.

Date: \_\_\_\_ | \_\_\_\_ | \_\_\_\_

Water Goal: \_\_\_\_ oz    Actual Total: \_\_\_\_ oz

(○ = 20OZ.)    ● ● ● ● ● ● ●

**Personal Prompt of the Day:** Reflect about how you've been progressing towards your goals. What are you most proud of?

---

---

---

---

Breakfast

---

Lunch

---

Dinner

---

Snack(s)

---

Workout? ● YES    ● NO

If yes - Workout completed: \_\_\_\_\_

Current Mindset or Other Thoughts: What made today great? How can you make tomorrow better?

---

---

---

---

## DAY 21

### SELF-CARE IDEA: LISTEN TO RELAXING MUSIC.

Date: \_\_\_\_ | \_\_\_\_ | \_\_\_\_

Water Goal: \_\_\_\_ oz    Actual Total: \_\_\_\_ oz

(○ = 20OZ.)    ● ● ● ● ● ● ●

**Personal Prompt of the Day:** What's your favorite healthy food? What nutrition benefits does it bring you?

---

---

---

---

Breakfast

---

Lunch

---

Dinner

---

Snack(s)

---

Workout? ● YES    ● NO

If yes - Workout completed: \_\_\_\_\_

Current Mindset or Other Thoughts: What made today great? How can you make tomorrow better?

---

---

---

---

## DAY 22

SELF-CARE IDEA: LIMIT YOUR SCROLLING ON SOCIAL MEDIA.

Date: \_\_\_\_ | \_\_\_\_ | \_\_\_\_

Water Goal: \_\_\_\_ oz    Actual Total: \_\_\_\_ oz

(○ = 20OZ.)



**Personal Prompt of the Day:** What's your greatest weakness? How can you start strengthening it?

---

---

---

---

Breakfast

---

Lunch

---

Dinner

---

Snack(s)

---

Workout? ☐ YES    ☐ NO

If yes - Workout completed: \_\_\_\_\_

Current Mindset or Other Thoughts: What made today great? How can you make tomorrow better?

---

---

---

---



## DAY 23

### SELF-CARE IDEA: GET A MASSAGE.

Date: \_\_\_\_ | \_\_\_\_ | \_\_\_\_

Water Goal: \_\_\_\_ oz    Actual Total: \_\_\_\_ oz

(○ = 20OZ.)    ● ● ● ● ● ● ●

**Personal Prompt of the Day:** Pick 3 words to live by for the next 7 days. How can you bring those words to life?

---

---

---

---

Breakfast

---

Lunch

---

Dinner

---

Snack(s)

---

Workout? ● YES    ● NO

If yes - Workout completed: \_\_\_\_\_

Current Mindset or Other Thoughts: What made today great? How can you make tomorrow better?

---

---

---

---

## DAY 24

### SELF-CARE IDEA: PRACTICE A BREATHING TECHNIQUE.

Date: \_\_\_\_ | \_\_\_\_ | \_\_\_\_

Water Goal: \_\_\_\_ oz    Actual Total: \_\_\_\_ oz

(○ = 20OZ.)    ● ● ● ● ● ● ●

**Personal Prompt of the Day:** What do you think the most about when you're by yourself?

---

---

---

---

Breakfast

---

Lunch

---

Dinner

---

Snack(s)

---

Workout? ● YES    ● NO

If yes - Workout completed: \_\_\_\_\_

Current Mindset or Other Thoughts: What made today great? How can you make tomorrow better?

---

---

---

---

## DAY 25

SELF-CARE IDEA: DO YOUR HAIR AND MAKEUP REALLY NICELY.

Date: \_\_\_\_ | \_\_\_\_ | \_\_\_\_

Water Goal: \_\_\_\_ oz    Actual Total: \_\_\_\_ oz

(○ = 20OZ.)    ● ● ● ● ● ● ●

Personal Prompt of the Day: If you could choose one superpower to have, what would it be? Why?

---

---

---

---

Breakfast

---

Lunch

---

Dinner

---

Snack(s)

---

Workout? ● YES    ● NO

If yes - Workout completed: \_\_\_\_\_

Current Mindset or Other Thoughts: What made today great? How can you make tomorrow better?

---

---

---

---

## DAY 26

SELF-CARE IDEA: LIGHT YOUR FAVORITE CANDLE.

Date: \_\_\_\_ | \_\_\_\_ | \_\_\_\_

Water Goal: \_\_\_\_ oz    Actual Total: \_\_\_\_ oz

(○ = 20OZ.)    ● ● ● ● ● ● ●

Personal Prompt of the Day: What do you need to ask for help with right now?

---

---

---

---

Breakfast

---

Lunch

---

Dinner

---

Snack(s)

---

Workout? ● YES    ● NO

If yes - Workout completed: \_\_\_\_\_

Current Mindset or Other Thoughts: What made today great? How can you make tomorrow better?

---

---

---

---

## DAY 27

SELF-CARE IDEA: DO A PUZZLE OR PLAY A BOARD GAME.

Date: \_\_\_\_ | \_\_\_\_ | \_\_\_\_

Water Goal: \_\_\_\_ oz    Actual Total: \_\_\_\_ oz

(○ = 20OZ.)    ● ● ● ● ● ● ●

Personal Prompt of the Day: Describe your most perfect day. Be specific.

---

---

---

---

Breakfast

---

Lunch

---

Dinner

---

Snack(s)

---

Workout? ● YES    ● NO

If yes - Workout completed: \_\_\_\_\_

Current Mindset or Other Thoughts: What made today great? How can you make tomorrow better?

---

---

---

---

## DAY 28

SELF-CARE IDEA: UNFOLLOW SOCIAL MEDIA ACCOUNTS THAT DON'T POSITIVELY IMPACT YOUR MENTAL HEALTH.

Date: \_\_\_\_ | \_\_\_\_ | \_\_\_\_

Water Goal: \_\_\_\_ oz    Actual Total: \_\_\_\_ oz

(○ = 20OZ.)



Personal Prompt of the Day: What's your favorite place on Earth? Why?

---

---

---

---

Breakfast

---

Lunch

---

Dinner

---

Snack(s)

---

Workout? ☐ YES    ☐ NO

If yes - Workout completed: \_\_\_\_\_

Current Mindset or Other Thoughts: What made today great? How can you make tomorrow better?

---

---

---

---

## DAY 29

### SELF-CARE IDEA: START A VISION BOARD.

Date: \_\_\_\_ | \_\_\_\_ | \_\_\_\_

Water Goal: \_\_\_\_ oz    Actual Total: \_\_\_\_ oz

(○ = 20OZ.)    ● ● ● ● ● ● ●

**Personal Prompt of the Day:** Choose a quote that inspires you and write what it means to you.

---

---

---

---

Breakfast

---

Lunch

---

Dinner

---

Snack(s)

---

Workout? ● YES    ● NO

If yes - Workout completed: \_\_\_\_\_

Current Mindset or Other Thoughts: What made today great? How can you make tomorrow better?

---

---

---

---

## DAY 30

CHOOSE A QUOTE THAT INSPIRES YOU AND WRITE WHAT IT MEANS TO YOU.

Date: \_\_\_\_ | \_\_\_\_ | \_\_\_\_

Water Goal: \_\_\_\_ oz    Actual Total: \_\_\_\_ oz

(○ = 20OZ.)    ● ● ● ● ● ● ●

**Personal Prompt of the Day:** Complete the following prompt: I feel amazing when...

---

---

---

---

Breakfast

---

Lunch

---

Dinner

---

Snack(s)

---

Workout? ● YES    ● NO

If yes - Workout completed: \_\_\_\_\_

Current Mindset or Other Thoughts: What made today great? How can you make tomorrow better?

---

---

---

---



## DAY 31

SELF-CARE IDEA: BUY SOME FRESH FLOWERS FOR YOURSELF.

Date: \_\_\_\_ | \_\_\_\_ | \_\_\_\_

Water Goal: \_\_\_\_ oz    Actual Total: \_\_\_\_ oz

(○ = 20OZ.)    ● ● ● ● ● ● ●

Personal Prompt of the Day: What physical or mental changes have you experienced the past 30 days?

---

---

---

---

Breakfast

---

Lunch

---

Dinner

---

Snack(s)

---

Workout? ● YES    ● NO

If yes - Workout completed: \_\_\_\_\_

Current Mindset or Other Thoughts: What made today great? How can you make tomorrow better?

---

---

---

---

I'm so proud of you for committing to AND completing these past 30 days of personal reflection and growth. If you feel comfortable doing so, I would LOVE for you to join our current accountability group and share your thoughts on what you've experienced these past 30 days - The good, bad, ugly, everything!

Physical changes are always fun to celebrate, but it's the mental ones that make the biggest long-term effects in our lives. No matter what you're celebrating today, I'm proud of you for choosing to make yourself a priority this past month!

If you're ready to commit to another 30 days and beyond, here's how you can:

**Step 1** - Email me at [nicole@popefitness.com](mailto:nicole@popefitness.com) with your next health and wellness goal you'd like to achieve in the next 30, 60, or even 90 days!

**Step 2** - Together we'll choose the right program, plan, or supplements to get you started on that goal!

**Step 3** - Join my exclusive Facebook group, for ongoing support, motivation, and accountability!

And if you'd really like to take your next 30 days to the next level...

**Step 4** - Join my team! Just send me an email with the subject line, "Become a Teammate" and I'll answer any questions you may have about starting your online biz!

From the bottom of my heart, thank you so much for downloading this self-care guide and working through it. I can't wait to see what the future has in store for you!

Your friend,

*Nicole*