

IDEAL  PROTEIN

Season of Self-Care

December 2023

Savor the holiday season and unwrap the gift of self-care with our 31-Day guide

Start a
Gratitude
Journal 1

Take a 30-
minute walk in
nature 2

Try a new
IP recipe or
Mocktail 3

Unplug from
social media for
the day 4

Practice deep
breathing and
meditation 5

Enjoy a bubble
bath or a long
shower 6

Call or video
chat with a friend
or loved one 7

Read
a book for
pleasure 8

Declutter a
space in your
home 9

Write down
your IP Why
in your journal 10

Try a new
hobby or craft 11

Do a short
workout or
yoga session 12

Treat yourself
to your favorite
IP dessert 13

Listen to your
favorite music
and dance 14

Write a
letter to your
future self 15

Explore
a new park or
outdoor area 16

Watch an
old movie
you love 17

Take a
tech-free
afternoon 18

Read a
positive
affirmation 19

Do a random
act of kindness
for someone 20

Write a
Thank You note
or text to your
Coach 21

Bake up
something
new using the
IP Baking Kit 22

Plan a future
outing or
adventure 23

Get a good
night's sleep 24

Practice
mindfulness.
Live in the
present today 25

Express
gratitude to
a friend
or loved one 26

Declutter
your digital life
(organize emails,
files, etc.) 27

Spend time with
a pet, or visit an
animal shelter 28

Reflect on your
self-care journey
and set new
self-care goals 29

Create a
vision board
for 2024 30

Share your
self-care journey
with a friend 31