# GirlTr

## vour mission.

Complete one radical act of self care from the list below each day. Can you go one month? Two? Three months without missing a day! Big ups to any woman who completes all 100 on the list.

### be counted.

Use #GirlTrek to share your progress. We want to cheer you on. There is no registration and it's free. Our goal is to inspire a million Black women to practice daily self care! Be counted at GirlTrek.org

## invite others

Tag friends to join you on social media. "I'm practicings radical acts of self care each day using GirlTrek's list of 100 ideas. Anyone want to join me!? #GirlTrek

## .00 Radical Acts of Sel

THE IDEA: When a million Black women take time for themselves, it's radical. This moment - as we all deals with a global pandemic - is radical. It is a shift. A time to rest. Reflect. Heal. Use this list is as a guide. It is designed for Black women who have never had the luxury to consider their own needs or prioritize time for self care. It is practical, a roadmap. It is not a challenge or an achievement. You will not recieve a badge of completion. This is you healing. And we are rooting for you. Please commit now - to take one action for yourself per day. Hunker down. Make peace. Prepare for the days ahead. Please share copies of this list far and wide.

### SWEAT

follow @GirlTrek on Instagram for 30 mins of ideas, recommendations and classes to sweat each day.
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#### SANITY

- □ take a 24-hour digital fast □. start a journal □ read a short story □ listen to a historic speech  $\Box$  finish a chapter in a book □ create a family tree □ count your blessings on paper □ take an online class □ watch a documentary film □ download a mindfulness app □ trv a virtual counseling session D purge your timeline, unfollow negativity  $\Box$  give up the news for a day □ take a cooking class online □ make art □ attend a 12-step or support meeting □ write a forgiveness letter, release it □ write and repeat positive affirmations □ organize a peaceful virtual office space Create a vision board  $\Box$  read a self-help book

  - □ write a poem or haiku
- □ subscribe to a new podcast
  - □ keep the faith plan a 2021 vacation

- SOUL
- □ sunrise prayer
- □ cook a hearty breakfast
- □ make a healthy smoothie
- □ have a long convo by phone
- □ meet a friend for a virtual lunch
- □ go on a virtual date
- □ clean your house
- get some sunshine and fresh air
- □ listen to the sounds of nature
- 🗆 take a nap
- □ brew a cup of tea
- □ pray with someone
- □ meditate, light a candle
  - attend a virtual church service
- □ fast for a day
- □ read a daily devotional
- □ laugh, watch a comedy show
  - prepare a traditional family meal
- □ take a bubble bath
- □ listen to relaxing music
- □ declutter your wardrobe, donate
- □ try sound therapy
- 🗆 learn all the words to any Maya Angelou poem 🗆 try yoga nidra or yin yoga to relax
  - □ lay under a starry sky
    - □ make a comfort meal

### .IOV

- □ have a porch picnic
- . get dressed for a virtual lunch with a friend
- $\Box$  color in a coloring book
- □ make an uplifting playlist for a friend
- □ make a gratitude jar
- □ cook from a new recipe
- □ cook a family recipe
- □ have a virtual family cook-off
- □ have a virtual family reunion □ watch a re-run of your favorite show
- □ host a board game night
- □ paint your nails or do a home spa treatment
- □ have an orgasm
- □ learn dry brushing or self-message
- □ buy an indoor plant
- □ perform a one-woman concert, sang
- □ make a tiktok video
- □ make a scrap book
- □ organize family photos
- □ have a backyard campout
- □ garden or just play in the dirt
- □ dance in the rain
- □ write an online review for your fav business
- □. try a new hairstyle
- □ wear your favorite hot-girl lipstick

Powered by GirlTrek: It started with two friends. Today, GirlTrek is a life-saving sisterhood across the globe who reclaim 30 minutes every single day for radical self care. For the last 10 years, we've asked women to walk outside of their front doors - as a daily habit, an honored tradition and a strategy to reclaim the streets of our neighborhoods. In 2020, we take the revolution indoors. Hunker down, Heal, Make peace, Prepare for the days ahead. Please share copies of this list far and wide.