

Self-Care Calendar: One Month to Make Yourself a Priority

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Listen to music	2 Take a bath
3 Sit quietly at home	4 Read a book	5 Light a scented candle	6 Color	7 Sit and breathe for 5 minutes	8 Girl's Night Out	9 Take a nap
10 Go to the movies	11 Go for a drive	12 Call a friend (not text!)	13 Read a magazine	14 Laugh	15 Eat a meal you enjoy	16 Garden
17 Visit with someone you love	18 Sit outside and relax	19 Meditate or practice mindfulness	20 Journal	21 Exercise	22 Enjoy nature	23 Paint your nails
24 Sleep in	25 Dance!	26 Bake	27 Sit outside	28 Go to bed early	29 Do a random act of kindness	30 Watch TV

						Do a random act of kindness
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