


# July 2014 Self-Care Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<p>1</p> <p>Take a break and stretch for 10 minutes.</p>	<p>2</p> <p>Read for 15 to 30 minutes!</p>	<p>3</p> <p>Write down 5 things you are thankful for!</p>	<p>4</p> <p>Turn off the electronics and enjoy people today!</p>	<p>5</p> <p>Take a 20 minute nap</p>
<p>6</p> <p>Make 3 goals for the week- 1 personal, 1 for home, and 1 for work</p>	<p>7</p> <p>Meal Plan Monday- Create your list of meals for the week</p>	<p>8</p> <p>Send a note to someone you care about!</p>	<p>9</p> <p>Put on some upbeat music and take care of something you've been putting off</p>	<p>10</p> <p>Get outside and enjoy some sunshine!</p>	<p>11</p> <p>Read for 15 to 30 minutes!</p>	<p>12</p> <p>Take a 20 minute nap</p>
<p>13</p> <p>Make 3 goals for the week- 1 personal, 1 for home, and 1 for work</p>	<p>14</p> <p>Meal Plan Monday- Create your list of meals for the week</p>	<p>15</p> <p>Read for 15 to 30 minutes!</p>	<p>16</p> <p>Aromatherapy day- enjoy your favorite scent with a candle, essential oil, diffuser</p>	<p>17</p> <p>Pray or meditate for 15 minutes</p>	<p>18</p> <p>Pamper yourself something with something cheerful. Set a \$5-\$15 limit.</p>	<p>19</p> <p>Take a 20 minute nap</p>
<p>20</p> <p>Make 3 goals for the week- 1 personal, 1 for home, and 1 for work</p>	<p>21</p> <p>Meal Plan Monday- Create your list of meals for the week</p>	<p>22</p> <p>Read for 15 to 30 minutes!</p>	<p>23</p> <p>Paint your toe nails, even if no one will ever see them!</p>	<p>24</p> <p>Set a reminder on your calendar to pay your bills so they are done on time.</p>	<p>25</p> <p>Spend some time with friends and family today and relax!</p>	<p>26</p> <p>Take a 20 minute nap</p>
<p>27</p> <p>Make 3 goals for the week- 1 personal, 1 for home, and 1 for work</p>	<p>28</p> <p>Meal Plan Monday- Create your list of meals for the week</p>	<p>29</p> <p>Do something nice for someone else!</p>	<p>30</p> <p>Eat some fresh fruit or veggies as a healthy snack today</p>	<p>31</p> <p>Go to the library and read a magazine of your choice</p>		