

September 2014 Self-Care Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p style="text-align: center;">1</p> <p>“Goals in writing are dreams with deadlines.” Brian Tracy</p>	<p style="text-align: center;">1</p> <p>Happy Labor Day! It's a new month! What do you want to accomplish in September? Today take some time to REST!</p>	<p style="text-align: center;">2</p> <p>Take a break! Go get yourself a big glass of water and drink it. Is this something that you need to do more often?</p>	<p style="text-align: center;">3</p> <p>Spend 15 minutes on a hobby that you love!</p>	<p style="text-align: center;">4</p> <p>Pamper yourself something with something cheerful. Set a \$5-\$15 limit. It could be flowers, a new book, a cd, or a new journal</p>	<p style="text-align: center;">5</p> <p>It takes 21 days to form a new habit. What is a new habit you would like to work on? If you start Monday, you will have a formed a new habit this month!</p>	<p style="text-align: center;">6</p> <p>Take a 20 minute nap</p>
<p style="text-align: center;">7</p> <p>Make 3 goals for the week- 1 personal, 1 for home, and 1 for work</p>	<p style="text-align: center;">8</p> <p>Meal Plan Monday- Create your list of meals for the week</p>	<p style="text-align: center;">9</p> <p>Take a break! Relax your mind and body by doing some deep breathing exercises</p>	<p style="text-align: center;">10</p> <p>Read for 15 to 30 minutes!</p>	<p style="text-align: center;">11</p> <p>What can you do for 10 minutes to day to improve your health?</p>	<p style="text-align: center;">12</p> <p>Paint your toe nails, even if no one will ever see them!</p>	<p style="text-align: center;">13</p> <p>Take a 20 minute nap</p>
<p style="text-align: center;">14</p> <p>Make 3 goals for the week- 1 personal, 1 for home, and 1 for work</p>	<p style="text-align: center;">15</p> <p>Meal Plan Monday- Create your list of meals for the week</p>	<p style="text-align: center;">16</p> <p>Take a break! Do some stretching exercises to loosen you up</p>	<p style="text-align: center;">17</p> <p>Take 15 minutes and write a REAL letter to someone you care about!</p>	<p style="text-align: center;">18</p> <p>Spend 15 minutes on a project you've been avoiding. You may not get done, but you will make some progress.</p>	<p style="text-align: center;">19</p> <p>Spend 30 minutes on something that makes you HAPPY.</p>	<p style="text-align: center;">20</p> <p>Aromatherapy day- enjoy your favorite scent with a candle, essential oil, diffuser</p>
<p style="text-align: center;">21</p> <p>Make 3 goals for the week- 1 personal, 1 for home, and 1 for work</p>	<p style="text-align: center;">22</p> <p>Meal Plan Monday- Create your list of meals for the week</p>	<p style="text-align: center;">23</p> <p>Take a break! Eat some fresh fruit or veggies as a healthy snack today</p>	<p style="text-align: center;">24</p> <p>Find 15 things to donate to someone in need!</p>	<p style="text-align: center;">25</p> <p>Try a new recipe today!</p>	<p style="text-align: center;">26</p> <p>Plan something fun to do with your family, a friend, or a pet today!</p>	<p style="text-align: center;">27</p> <p>Take a 20 minute nap</p>
<p style="text-align: center;">28</p> <p>Make 3 goals for the week- 1 personal, 1 for home, and 1 for work</p>	<p style="text-align: center;">29</p> <p>Meal Plan Monday- Create your list of meals for the week</p>	<p style="text-align: center;">30</p> <p>Go to the library and read a magazine of your choice</p>	<p>"Alone we can do so little; together we can do so much." Helen Keller</p>	<p>"In order to succeed, you must first be willing to fail." Anonymous</p>	<p>"Live with passion." Anthony Robbins</p>	<p>"Where there is no struggle, there is no strength." Oprah Winfrey</p>