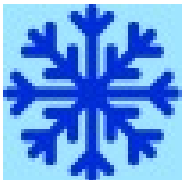
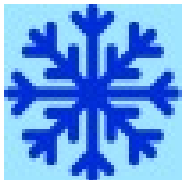


January 2015 Self-Care Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Do you want to be more intentional in 2015? Take the challenge!</p> <p>http://womenwithintention.com/31-days-intentional-living-introduction/</p>		<p>Need help creating your own One Word?</p> <p>http://womenwithintention.com/one-word-2015/</p>		<p>1</p> <p>It's a New Year! Spend some time today thinking about what you would like to accomplish in 2015. Write it down! Make some goals or create a One Word for 2015!</p>	<p>2</p> <p>What books would you like to read this year? If you need some inspiration, get on Pinterest. (I have a Books To Read Board that might give you inspiration!)</p>	<p>3</p> <p>January can be a long, cold month. Cheer yourself up with your favorite scent whether it's a candle, essential oil, or diffuser!</p>
<p>4</p> <p>Make 3 goals for the week- 1 personal, 1 for home, and 1 for work. Is there something you can do today to help you get started on these goals?</p>	<p>5</p> <p>Meal Plan Monday- Create your list of meals for the week. If you need some inspiration, head to the blog, I'll have my meal plan posted!</p>	<p>6</p> <p>Did you make a book list for 2015? If you need a book, you could try Jen Hatmaker's "<i>7: An Experimental Mutiny Against Excess</i>" and join the Women With Intention Book Club on Facebook! We'd love to have you!</p>	<p>7</p> <p>Take a break! Relax your mind and body by doing some deep breathing exercises</p>	<p>8</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>9</p> <p>Today do something nice for someone else! Random Acts of Kindness not only make you feel great, they spread love in your community.</p>	<p>10</p> <p>You've worked hard this week! Recharge yourself with a 20 minute nap . Quick naps reenergize us and give us extra energy!</p>
<p>11</p> <p>How did you do on your goals from last week? Did you learn anything about yourself? If you had trouble, cut back to 1 goal, then add another!</p>	<p>12</p> <p>Was saving money on your resolution list for 2015? By creating a meal plan, you can save a lot of money each week by not eating out!</p>	<p>13</p> <p>Take a break! Do some stretching exercises to loosen you up. If the weather is warm enough, go for a brisk, 5 minute walk!</p>	<p>14</p> <p>Read for 15 to 30 minutes!</p>	<p>15</p> <p>Put on some lotion! Your skin will thank you!</p>	<p>16</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>17</p> <p>Have a Potluck with some friends. These can be a cheap, fun way to entertain and get together when everyone brings part of the meal!</p>
<p>18</p> <p>Do something today that resonates with your One Word for 2015! If you haven't set one, why not?</p>	<p>19</p> <p>It's almost the end of the month! Did you commit to saving some money each month in 2015? By meal planning, you can take what you saved by not eating out and put it in your savings!</p>	<p>20</p> <p>Take a break! Eat some fresh fruit or veggies as a healthy snack today.</p>	<p>21</p> <p>Go to the library and read a magazine of your choice. Check out a new book or DVD to take home to enjoy!</p>	<p>22</p> <p>Clean your bedroom- you will be more relaxed at bedtime if your area is clean and relaxing.</p>	<p>23</p> <p>Cuddle up in a blanket with some hot chocolate and enjoy a favorite movie!</p>	<p>24</p> <p>You've worked hard this week! Recharge yourself with a 20 minute nap . Quick naps reenergize us and give us extra energy!</p>
<p>25</p> <p>Find 10 things to either throw away, donate, or sell.</p>	<p>26</p> <p>What's for dinner? Make a list of 5 meals you like to eat. Add those to your meal plan!</p>	<p>27</p> <p>Put on some lotion! Your skin will thank you!</p>	<p>28</p> <p>Put on some lotion! Your skin will thank you!</p>	<p>29</p> <p>Send a handwritten note to someone you care about. It will brighten their day.</p>	<p>30</p> <p>Paint your toe nails, even if no one will ever see them!</p>	<p>31</p> <p>Read for 15 to 30 minutes!</p>