

March 2015 Self-Care Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Sunday is Planning Day! Grab your planner and see what's coming up this week. Set your goals for the new month and the upcoming week!.	2 Meal Plan Monday- Create your list of meals for the week. Have you thought about a soup and salad night?	3 March's Theme is less clutter, more relationships!. Grab a notecard and let someone know how they are important to you! Don't forget to mail that card!	4 Have you made your March budget yet? If not take 30 minutes to create your budget for this month. Scared of a budget, try to set a budget food this week!	5 It's World Book Day! Read for 15 to 30 minutes!	6 When was the last time you donated something you no longer use? I challenge you to find 10 things today to give away.	7 Spend 15 minutes on a project you've been avoiding. You may not get done, but you will make some progress.
8 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?	9 Make a double batch of dinner tonight and save the 2nd batch! It will give you a quick meal when you are tight on time later on!	10 Connect to a friend! Find a day that you can meet for coffee or lunch and get it on the calendar	11 You've made it halfway through the week! Take a bubble bath and afterwards put on some nice lotion! Your skin will thank you!	12 Take a break! Do some stretching exercises to loosen you up. If the weather is warm enough, go for a brisk, 5 minute walk!	13 Schedule your next hair appointment!	14 Cuddle up in a blanket with some hot chocolate and enjoy a favorite movie or tv show!
15 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!	16 Schedule a Potluck with some friends. These can be a cheap, fun way to entertain and get together when everyone brings part of the meal!	17 It's St. Patrick's Day! Don't forget to wear your green!	18 Make it your goal to go to sleep 30 minutes earlier than normal! Getting enough sleep is so important to your health!.	19 Take a break! Eat some fresh fruit or veggies as a healthy snack today.	20 It's the first day of spring! Celebrate by purchasing a cheap bouquet of flowers to put on your desk or table!	21 You've worked hard this week! Recharge yourself with a 20 minute nap . Quick naps reenergize us and give us extra energy!
22/29 How are you doing on your 2015 goals? Do you need to adjust anything? Keep working! ----- What is one thing you'd love to accomplish this week! Set that as your goal!	23/30 Add a tasty dessert to your meal plan this week and find a reason to celebrate! ----- What's for dinner? Make a list of 5 meals you like to eat. Add those to your meal plan!	24/31 Do something extra special for someone you love today! ----- Instead of buying a book or magazine, go to your library and check one out!	25 Find 10 things to either throw away, donate, or sell.	26 Take a break! Go for a 30 minute walk! Enjoy nature!	27 Put on some lotion and paint your toe nails!	28 Let yourself enjoy a morning by waking up when you are ready, not because the alarm clock says so!