


May 2015 Self-Care Calendar



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>What is one thing you can do to make Memorial Day actually memorable? Make a note on your calendar to do it!</p>	<p>Do you need to save up for a vacation? Now's the time to start planning if you haven't already!</p>		<p>What are your summer goals or what is on your bucket list?</p>		<p>1 It's been a long week! Wind down with a bubble bath!</p>	<p>2 Take a 20 minute walk and enjoy the beauty of Spring!</p>
<p>3 Having a hard time staying on budget? Track your money for the next week. Grab a small notebook and take it wherever you go!</p>	<p>4 Meal Plan Monday- Create your list of meals for the week or the whole month!</p>	<p>5 Put your phone on silent for one hour. Give yourself time to relax, do a chore, or just be with no interruptions!</p>	<p>6 Send a card to someone you care about.</p>	<p>7 Do one thing that will simplify your life.</p>	<p>8 Take 15 minutes to catch up on your financial life. Do you need to pay bills or file anything? Did you find out what you're wasting money on this week?</p>	<p>9 Plant something! Get in touch with Mother Nature!</p>
<p>10 Celebrate a special woman in your life, even if she isn't your mother!</p>	<p>11 What email subscriptions can you eliminate?</p>	<p>12 Eat some fresh fruit and veggies!</p>	<p>13 Make plans to meet up with a friend!</p>	<p>14 Spend 15 minutes on a project you've been avoiding.</p>	<p>15 What would happen if instead of storing something, you just got rid of it?</p>	<p>16 Sleep for 8 hours tonight!</p>
<p>17 Have you set your goals for the week? Try 1 personal goal and 1 homemaking goal!</p>	<p>18 What gives you energy? Schedule time to do it!</p>	<p>19 What drains your energy? Can you eliminate or cut back?</p>	<p>20 Go to the library and read a magazine of your choice</p>	<p>21 Transfer photos off your phone for more permanent storage</p>	<p>22 Do you want to have a garage sale this summer? Set a date!</p>	<p>23 What is one thing you want to accomplish today?</p>
<p>24/31 Choose one thing that you truly enjoy doing, and DO it. Even if it's for 15 minutes!</p>	<p>25 Do you have an emergency kit ready for summer? If not, what do you need to make one?</p>	<p>26 I would be happy if only... Make a list of ways you can make it happen!</p>	<p>27 Spend 15 minutes cleaning out email. You might not get done, but you can do a lot in 15 minutes!</p>	<p>28 Try a new recipe. Pick one that looks yummy to you!</p>	<p>29 Listen to a podcast while you're driving instead of the radio</p>	<p>30 Spend 30 minutes planning your goals for June</p>