

May 2015 Self-Care Calendar



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