

June 2015 Self-Care Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>1</p> <p>How do you want to <i>feel</i> this week? Write that word down! Find different ways to make that feeling possible!</p>	<p>2</p> <p>Does watching the news make you anxious or sad? Take a fast from the news and use the time to pray or do something that makes you happy!</p>	<p>3</p> <p>What are you gifted in? How could you use those gifts to do something that you love?</p>	<p>4</p> <p>Do you practice gratitude journaling? It's a great way to feel more content with life! Practice writing down 3 things you are grateful for each day for a week! You might have found a new habit that you love!</p>	<p>5</p> <p>Plan something creative to do this week! I discovered that I love decorating my planner (and I don't consider myself a very creative person)!</p>	<p>6</p> <p>Get outside for a 30 minute walk! Enjoy the beauty of flowers, green grass, and the birds chirping! This is the time of year many of us wait for all year long!</p>
<p>7</p> <p>What drains you? Is there anyway to minimize your exposure to this or a find a more efficient way to do the task to take less time?</p>	<p>8</p> <p>What can you do today to get you one step closer to finishing something on your to-do list this week? Spend 15 minutes on that!</p>	<p>9</p> <p>When you are waiting, instead of grabbing your cell phone and checking Facebook, try interacting with people or indulge yourself in a good book!</p>	<p>10</p> <p>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>11</p> <p>Have you thought of a stayvacation at your own home? What can you do to make your home a place you want to stay?</p>	<p>12</p> <p>Paint your toe nails, even if no one will ever see them!</p>	<p>13</p> <p>Do you have any bills you can put on automatic payments or have a savings plan you can set automatically to streamline your life?</p>
<p>14</p> <p>Try tracking your time this week to be more efficient!</p>	<p>15</p> <p>Close unused bank or email accounts.</p>	<p>16</p> <p>Eat some fresh fruit or veggies as a healthy snack today.</p>	<p>17</p> <p>Read for 15 to 30 minutes!</p>	<p>18</p> <p>Pamper yourself something with something cheerful.</p>	<p>19</p> <p>Light a great smelling candle and enjoy being home this evening!</p>	<p>20</p> <p>Take a 20 minute nap</p>
<p>21</p> <p>Get outside and enjoy some sunshine! Fly a kite, take a walk, or play tag with the kids!</p>	<p>22</p> <p>What are you eating this week? What do you have to snack on for healthy treats?</p>	<p>23</p> <p>Make plans to visit a friend!</p>	<p>24</p> <p>Do something that feels good today!</p>	<p>25</p> <p>Clean your bedroom- you will be more relaxed at bedtime if your area is clean and relaxing</p>	<p>26</p> <p>Have a picnic with your family, a friend, or your favorite furry pet!</p>	<p>27</p> <p>What are 3 things that make you happy? Schedule in 1 of them this week!</p>
<p>28</p> <p>Do you have an evening routine? Would one help you be more efficient and organized?</p>	<p>29</p> <p>Do you have plans for the 4th of July? What do you need to do to prepare in advance?</p>	<p>30</p> <p>What would happen if instead of storing something, you just got rid of it?</p>				