

August 2015 Self-Care Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						<p>1</p> <p>Get some fresh air! Go outside for 30 minutes and enjoy the summer sunshine!</p>
<p>2</p> <p>Take a 20 minute nap!</p>	<p>3</p> <p>It's a new month! What is one thing that you can do this month to improve your well-being?</p>	<p>4</p> <p>Make a list of wants so when you feel the need to shop you buy something on your list!</p>	<p>5</p> <p>What do you need more of? Time? Love? Exercise? What can you do to get more of that?</p>	<p>6</p> <p>Do you have a morning routine? Would your mornings be better if you did?</p>	<p>7</p> <p>What goals do you have to finish by the end of the year?</p>	<p>8</p> <p>Do you have any activities or priorities that you need to let go of?</p>
<p>9</p> <p>Are your expectations clear? People can not read minds, make sure your communication is understood by others.</p>	<p>10</p> <p>How do you respond to others? Are you rushed, patient, kind? Are you happy with your answer?</p>	<p>11</p> <p>Spend 30 minutes going through paper. How much can you recycle and get rid of?</p>	<p>12</p> <p>Do you have birthdays or anniversaries to celebrate this month? Make a list if you need to buy cards or gifts!</p>	<p>13</p> <p>Shred all of the paper you have on top of your shredder!</p>	<p>14</p> <p>Get all of your notes together and compile it into 1 notebook. I call mine my "brain"! It makes keeping track of things much easier!</p>	<p>15</p> <p>Don't complain for a whole day! When you want to complain, give someone a compliment instead!</p>
<p>16</p> <p>Try a technology free day! Turn off the phone and computer and enjoy people!</p>	<p>17</p> <p>Do you have a fund for the holidays?</p>	<p>18</p> <p>Drink an extra glass of water today to keep hydrated.</p>	<p>19</p> <p>What is something you want to learn? Can you take a class or learn online?</p>	<p>20</p> <p>Schedule a lunch date with a friend.</p>	<p>21</p> <p>Find 2 hours for yourself this weekend and enjoy something you love!</p>	<p>22</p> <p>Put something cheerful where you will see it when you wake up each day..</p>
<p>23</p> <p>Plan your evening meals for the week.</p>	<p>24</p> <p>Sleep for 8 hours tonight.</p>	<p>25</p> <p>Do one thing today that helps you live with purpose.</p>	<p>26</p> <p>Eliminate some groups on Facebook that you no longer need to be apart of.</p>	<p>27</p> <p>Do 30 minutes of paperwork while watching your favorite TV show.</p>	<p>28</p> <p>Autumn is coming, do you have any summer items you can donate or sell?</p>	<p>29</p> <p>Track your spending for a week to see where your money is going.</p>
<p>30</p> <p>Ask someone for help with a project.</p>	<p>31</p> <p>What is one thing you can do in September to simplify your life?</p>					