


September 2015 Self-Care Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>"Alone we can do so little; together we can do so much." Helen Keller</p>		<p>1</p> <p>As you pack away your summer items, what can you bless someone else with that you no longer need?</p>	<p>2</p> <p>What is one habit you want to work on this month? Schedule it in your calendar!</p>	<p>3</p> <p>Check out the local colleges for free or reasonable classes to take or for free events to go to.</p>	<p>4</p> <p>Do you have an Autumn Bucket List? Think of 5 things you want to do this coming season and schedule them into your life!</p>	<p>5</p> <p>Are you wasting your time watching television or surfing the net? What can you be doing instead to further your goals or dreams?</p>
<p>6</p> <p>Take some time to think about your long term goals. Why do you want to accomplish them? What are your passions?</p>	<p>7</p> <p>Relax today! Take a nap, read a book, or play a board game!</p>	<p>8</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>9</p> <p>Take 10 minutes to write someone a note! It might be just what that person needs to brighten his or her day!</p>	<p>10</p> <p>What is one charity that you would like to help with during the holiday season?</p>	<p>11</p> <p>What goals do you have to finish by the end of the year?</p>	<p>12</p> <p>Spend time doing something fun today. Take a walk, play with a pet, take your kids to the park! Anything to inspire happiness!</p>
<p>13</p> <p>Have you thought about a no spending week? With the upcoming holidays it's a good time to schedule one (or more) to save money</p>	<p>14</p> <p>What can you do this week that makes you happy? Choose one thing and spend 15 minutes each day working on it!</p>	<p>15</p> <p>What is one thing you can say no to this week to spend time on what you chose yesterday?</p>	<p>16</p> <p>What is one unreasonable expectation you have for yourself? Let it go!</p>	<p>17</p> <p>Are you missing time with friends? Schedule time to get together!</p>	<p>18</p> <p>Savor the beauty of the changing leaves and season. You will miss these colors in a few months!</p>	<p>19</p> <p>Don't complain for a whole day! When you want to complain, give someone a compliment instead!</p>
<p>20</p> <p>Try a technology free day! Turn off the phone and computer and enjoy people!</p>	<p>21</p> <p>Give thanks before getting out of bed today!</p>	<p>22</p> <p>Discard 10 items that you no longer need!</p>	<p>23</p> <p>Clean out your purse. Do you have receipts that need filed or thrown away?</p>	<p>24</p> <p>Don't wait for company, clean your entryway for yourself!</p>	<p>25</p> <p>Cook or bake something new today!</p>	<p>26</p> <p>Prepare today so you can rest tomorrow!</p>
<p>27</p> <p>Fast from something that isn't good for your for the week. Document how you feel throughout the week!</p>	<p>28</p> <p>How can you help someone else this week?</p>	<p>29</p> <p>Have you had a personal retreat lately? Schedule some time for yourself next week!</p>	<p>30</p> <p>Decorate something for Autumn! Whether it's your office, front porch or table, make it something you like!</p>		<p>"Live with passion." Anthony Robbins</p>	