


# October 2015 Self-Care Calendar



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<a href="http://womenwithintention.com">http://womenwithintention.com</a>	Have you seen my new challenge: 31 Days of Purpose? It starts October 1st!		Check out my Pinterest board for Halloween ideas: <a href="https://www.pinterest.com/womenwithintent/halloween/">https://www.pinterest.com/womenwithintent/halloween/</a>	<b>1</b> It's the month of 31 Day Challenges! What would happen if you completed a month of self-care challenges? How would you feel?	<b>2</b> Put your phone on silent for one hour. Give yourself time to relax, do a chore, or just be with no interruptions!	<b>3</b> Take a 20 minute walk and enjoy the beauty of Autumn!
<b>4</b> 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?	<b>5</b> Meal Plan Monday- Create your list of meals for the week or the whole month! Don't forget seasonal foods that you are looking forward to!	<b>6</b> Do you have your Fall decorations out? Do you love them? Spend 30 minutes making your home festive!	<b>7</b> Do you have an emergency kit ready for winter? If not, what do you need to make one?	<b>8</b> What commitments do you need to eliminate to simplify your life and reduce stress?	<b>9</b> Know where you are going to put your purchases before you buy them!	<b>10</b> Do one thing that will simplify your life.
<b>11</b> Get 8 hours of sleep tonight!	<b>12</b> What email subscriptions can you eliminate?	<b>13</b> Are you living your day to day life in accordance with your goals & priorities?	<b>14</b> What would happen if instead of storing something, you just got rid of it?	<b>15</b> Spend 15 minutes on a project you've been avoiding.	<b>16</b> What are 3 goals you want to finish before December 31?	<b>17</b> Transfer photos off your phone for more permanent storage
<b>18</b> Give yourself 1 hour to do anything you want- nap, read, whatever sounds good	<b>19</b> Listen to a podcast while you're driving instead of the radio	<b>20</b> Plan your trip before you run errands!	<b>21</b> What is something you are proud of that you've accomplished?	<b>22</b> Make your to-do list at the same time every day!	<b>23</b> Does your morning routine and wake up time work? If not, change it up!	<b>24</b> Try a new recipe. Pick one that looks yummy to you!
<b>25</b> Visit a pumpkin patch or enjoy some Autumn festivities	<b>26</b> Send a card to someone you care about.	<b>27</b> Are you stocked up on hot chocolate or tea, soups, and other cold weather foods?	<b>28</b> Take your donations and drop them off today!	<b>29</b> Do something that makes you happy today.	<b>30</b> Have something pumpkin today. Better yet, carve a pumpkin!	<b>31</b> Spend 30 minutes planning your goals for November