

# February 2016 Self-Care Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p><b>1</b></p> <p>Do you have enough food and supplies in the pantry for a winter storm? (And maybe even a good book to read?)</p>	<p><b>2</b></p> <p>Have you set your goals for February or made a mini-goal if many overwhelm you? What steps do you need to do to reach that goal?</p>	<p><b>3</b></p> <p>What important birthdays, anniversaries, and occasions do you have this month? If you need gifts or cards add them to your shopping list!</p>	<p><b>4</b></p> <p>Is there something you'd like to change in your home? Write down the steps to make it happen!</p>	<p><b>5</b></p> <p>It takes 21 days to form a new habit. What habit would like to work on? If you start Monday, you will have a formed a new habit this month!</p>	<p><b>6</b></p> <p>Do you struggle going to bed or waking up on time? Set a goal to get up by ___ time or go to bed by ___ time for the rest of the month. Weekends are optional!</p>
<p><b>7</b></p> <p>Cheer yourself up and someone else by making some DIY Valentine's! Be creative and have fun!</p>	<p><b>8</b></p> <p>Take 15 minutes and write a REAL letter to someone you care about!</p>	<p><b>9</b></p> <p>Lent starts tomorrow. Even if you aren't Catholic, is there something you could do for the next 40 days to improve your life?</p>	<p><b>10</b></p> <p>Mail your homemade Valentine's and letter to the people you created them for.</p>	<p><b>11</b></p> <p>Set the timer for 10 minutes and delete old contacts out of your phone. While you're at it can you delete any apps?</p>	<p><b>12</b></p> <p>Have you been getting your fruits and veggies in? Have you thought about taking a supplement for the nutrition?</p>	<p><b>13</b></p> <p>Have you tried a technology-free day? Shut down the cell phones &amp; tablets and LIVE!</p>
<p><b>14</b></p> <p>What can you do today to show someone your love?</p>	<p><b>15</b></p> <p>Have you tried pretty gift boxes or hat boxes to store scarves, mittens, or belts?</p>	<p><b>16</b></p> <p>Do you want to exercise more but aren't sure about DVDs? Check out a few from the library!</p>	<p><b>17</b></p> <p>Schedule an hour, afternoon, day or weekend retreat.</p>	<p><b>18</b></p> <p>Do you have supplies on hand for cold and flu season?</p>	<p><b>19</b></p> <p>Make a date to get together with a friend for coffee, lunch or a night out!</p>	<p><b>20</b></p> <p>Treat yourself to something you love to do: read, take a bubble bath, journal, color, or pray.</p>
<p><b>21</b></p> <p>What is something nice you can do to help someone else?</p>	<p><b>22</b></p> <p>Try a new recipe this week!</p>	<p><b>23</b></p> <p>What can you do for 10 minutes today to improve your health?</p>	<p><b>24</b></p> <p>Say no to something not on your priority list.</p>	<p><b>25</b></p> <p>Stay in tonight and enjoy a night of relaxation!</p>	<p><b>26</b></p> <p>Look at back your 2016 goals. What can you do to move forward step?</p>	<p><b>27</b></p> <p>Take a 20 minute nap</p>
<p><b>28</b></p> <p>What do you want to accomplish in March? Have you made your budget yet?</p>	<p><b>29</b></p> <p>Do something special to celebrate having an extra day this February!</p>					<p><a href="http://womenwithintention.com">http://womenwithintention.com</a></p>