

## January 2016 Self-Care Calendar

<i>SUNDAY</i>	<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>	<i>SATURDAY</i>
<p>Do you want to be more intentional in 2016? Take the challenge!  <a href="http://womenwithintention.com/31-days-intentional-living-introduction/">http://womenwithintention.com/31-days-intentional-living-introduction/</a></p>		<p>Do you need help creating your own One Word for 2016?  <a href="http://womenwithintention.com/one-word-2016/">http://womenwithintention.com/one-word-2016/</a></p>		<p>Do you have a savings plan for the holidays? Now is a good time to prepare for next December!  <a href="http://womenwithintention.com/saving-money-2015/">http://womenwithintention.com/saving-money-2015/</a></p>	1	<p>Happy New Year! time today thinking about what you would like to accomplish in 2016. Write it down! Make some goals or create a One Word for 2016!</p>
3	4	5	6	7	8	9
<p>When was the last time you exercised? Most of us would like to lose weight in 2016. Take a 15 minute walk or plug in a short DVD.</p>	<p>Mondays are a great day to meal plan. Take 5 minutes and decide what you will be eating each night this week. This will save you time and money if you do it each week!</p>	<p>Do you have your planner yet for 2016? A planner helps keep you organized and to track your goals.</p>	<p>Are you wanting to read more this year? Create a note in your planner or board on Pinterest of the books on your list!</p>	<p>What is something you want to learn? Can you take a class or learn online?</p>	<p>Time for some fun! Find a night to have a meal with friends. You prepare the main dish and ask everyone to bring a side. You will have fun and save money over going out!</p>	<p>Do you have any activities or priorities that you need to let go of in 2016? What are your top priorities of 2016?</p>
10	11	12	13	14	15	16
<p>Do you have birthdays or anniversaries to celebrate this month? Make a list if you need to buy cards or gifts!</p>	<p>What do you need more of? Time? Love? Exercise? What can you do to get more of that?</p>	<p>Cold weather is hard on skin. Put on some nice lotion, paint your toe nails and have 20 minutes of pampering, just for you!</p>	<p>Don't complain for a whole day! When you want to complain, give someone a compliment instead!</p>	<p>Do you have morning and evening routines? Would your days be easier if you did?</p>	<p>Put together a 2016 tax folder for your receipts.</p>	<p>Find 2 hours for yourself this weekend and enjoy something you love!</p>
17	18	19	20	21	22	23
<p>Try a technology free day! Turn off the phone and computer and enjoy people!</p>	<p>Track your spending for a week to see where your money is going.</p>	<p>Cuddle up in a blanket with some hot chocolate and enjoy a favorite movie or book!</p>	<p>Have you visited the library lately? You can check out your favorite DVDs, books and more!</p>	<p>Schedule a lunch date with a friend.</p>	<p>Drink an extra glass of water today to keep hydrated.</p>	<p>What is one thing that has been on your to do list for a long time? Take 15 minutes to work on it today!</p>
24/31	25	26	27	28	29	30
<p>What are 3 goals you want to accomplish this week? Write them down to stay on track!</p>	<p>Find 5 things each day this week to donate.</p>	<p>Do you have kitchen gadgets you never use? Why are you keeping them?</p>	<p>Do you have the January blues? Try journaling 3 things you are thankful for each night!</p>	<p>Do 30 minutes of paperwork while watching your favorite TV show.</p>	<p>Unplug and do something with your family or friends today</p>	<p>Stay home today and enjoy some peace and quiet!</p>