

March 2016 Self-Care Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6 It's planning day! What can you do now to make your week less stressful?	7 What are you eating this week? Create a list of 5 meals you can eat at home!	8 Are you planning a spring garden? What steps do you need to take?	9 What are 3 small things you want to do this weekend with friends or family? Schedule them now! I do this every Wednesday and our weekends are much more productive & fun!!	10 Do you have any Easter traditions? Would you like to start some?	11 Do you automatically save money? Try setting up an auto transfer. Even if it's \$10 it will be adding to your savings!	12 Spend your time focusing on relationships today!
13 Explore something new today!	14 When was the last time you created an entire meal from scratch? Write down your menu and schedule it for later this week!	15 Schedule a lunch date with a mentor!	16 Unsubscribe from unnecessary email lists.	17 It's St. Patrick's Day! Don't forget to wear your green!	18 Create something today!	19 What does your ideal life look like now, in 5 years, and 10 years. Write it down and what's 1 thing you can do to start today!
20/27 Have you tried tracking your money for a week? Try it out this week! You might find some surprises! ----- Enjoy family & friends today!	21/28 Do you need to catch up on bills or paperwork? ----- What household task can you share with another family member!	22/29 Update your passwords today. Be sure to keep a master list in a safe place! ----- What can you add to make your work space more cheerful?	23/30 How can you simplify today? ----- What mini-challenge do you want to try in April? Check out my blog to see mine!	24/31 Are there any doctor, dentist, or hair appointments you need to make? ----- Don't forget to download your April 2016 Self-Care Calendar!	25 Get in touch with 3 people who mean a lot to you!	26 Schedule in some fun for next week!
5 It's World Book Day! Read for 15 to 30 minutes! If you don't have a new book, head to the library!	4 Connect to a friend! Find a day that you can meet for coffee or lunch and get it on the calendar	3 This is the last month of the first quarter. What do you need to do to complete a goal? Make a list of baby steps to get you there!	2 What is one health/food/exercise change you want to make this month?	1 New month, new budget! What are your financial goals this month? Any special occasions to add to the budget?		