

Women With Intention's May 2016 Self-Care Calendar

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

1	It's a new month! What is one habit you'd like to add (or subtract) from your life. Put it on your calendar each day with a check mark box for you to track your progress!	2	May is a busy month with Graduations, Mother's Day, and Memorial Day. Today spend some time scheduling looking at the month scheduling in fun and rest!	3	When was the last time you bought yourself something that you loved? If you can't afford it, develop a savings plan to earn it! Otherwise schedule a trip to buy yourself something with CASH!	4	Spend some time creating your summer bucket list! Need ideas? http://womenwithintention.com/creating-moms-summer-goals-a-family-bucket-list/	5	What is one thing you can do to make Memorial Day memorable?	6	Spend 15 minutes catching up on your financial life. Do you need to pay bills or file anything?	7	Give yourself some extra time today without phone interruptions! Put your phone on silent for an hour and start that project, enjoy some downtime, or work on a hobby
8	Enjoy a Sunday walk! Take a walk, enjoy the sunshine, the birds chirping, and all that nature offers! It's a beautiful time of year!	9	What is one goal you want to work on this week?	10	Are there any projects you want to schedule before school is out?	11	Do you have weddings, graduations or birthdays approaching? Make a list & buy your cards and gifts today!	12	Are you hanging on to magazines that you will read "someday" but have had for 3 years? Today is recycling day! Free yourself of clutter!	13	Do you have a summer emergency kit? If not, what do you need to make one? I have a link at the bottom on how to make one!	14	Slow down today to savor the best moments!
15	Find 15 things to donate to someone in need!	16	Send a card to a friend, just for fun! Handwritten notes are so special from friends!	17	Make the appointment that you've been putting off!	18	Do you start the day with positive affirmations?	19	Need some rainy day ideas for when the kid are home? http://womenwithintention.com/rainy-day-kit-ideas/	20	Schedule 3 hours for yourself this weekend! Break that time into blocks if needed!	21	Do you have a struggling friend or family member? What is something small you can do to brighten their day?
22	Call a friend today!	23	Try waking up 15 minutes earlier to get in some quiet time to pray or read.	24	Show kindness to others. This can be a hard time of year for many!	25	Try a new recipe this week!	26	Take a break today. Do some stretching exercises to loosen you up!	27	As you get out your holiday decor, what can you donate to a deserving family?	28	Catch up on some rest with a 20 minute nap!
29	Try something new today! Ideas include: a new color of eyeshadow, new book, new church....be creative!	30	Have you been getting enough sleep? Go to bed early tonight!	31	Don't forget to download your June Self-Care calendar!								http://womenwithintention.com/creating-a-diy-summer-first-aid-kit/