

June 2016 Self-Care Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>1 How do you want to <i>feel</i> this week? Write that word down! Find different ways to make that feeling possible!</p>	<p>2 Do you have weddings, birthdays, or other occasions in June that you need cards or presents for? Make a list so you aren't scrambling at the last minute!</p>	<p>1 Spend some time today thinking about what your top priority is for the summer. Write down a few steps to make that happen!</p>	<p>2 Do you want to have a yard sale to make some extra cash for an upcoming vacation? Schedule it today and start making a pile of things to get rid of!</p>	<p>3 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?</p>	<p>4 Get outside for a 30 minute walk/jog! Enjoy the beauty of flowers, green grass, and the birds chirping! This is the time of year many of us wait for all year long!</p>	
<p>5 Are you exhausted? Spend time today intentionally resting! Your body will thank you!</p>	<p>6 Have you thought of a stayvacation at your own home? What can you do to make your home a place you want to stay?</p>	<p>7 Do you have a summer emergency kit? If not, make a 5 minute kit with band-aids, first aid cream, bug spray and sunscreen!</p>	<p>8 Pamper yourself something with and friends? A lot of conflict can be avoided when you are clear and concise!</p>	<p>9 Are you communicating clearly with your family and friends? A lot of conflict can be avoided when you are clear and concise!</p>	<p>10 Give yourself an at-home pedi with a sugar scrub and a good moisturizer! When you're done, paint your toenails, even if no one will ever see them!</p>	<p>11 Intentionally spend some time today with someone important. Do something fun together and let them know how much they mean to you.</p>
<p>12 Be creative today! Write, draw, dance, sew, whatever lets your creativity shine!</p>	<p>13 Catch up on emails, texts, and voicemails today.</p>	<p>14 Find an outdoor event to attend in your community in the next few weeks.</p>	<p>15 Look at your book pile and finish up that book that's been sitting there or let it go!</p>	<p>16 Deep clean your bathroom today! Add some fresh towels to create your own at home spa!</p>	<p>17 Plan a barbecue! Whether you grill or do a potluck, invite a few friends over and enjoy each other's company!</p>	<p>18 What would happen if you had the motto to "Have more fun and buy less" this summer?</p>
<p>19 Unplug from technology today!</p>	<p>20 Plan something fun to do this week. This is your one and only life. Enjoy it!</p>	<p>21 It's easy to sign up for too much in the summer. Watch your obligations!</p>	<p>22 Eat some fresh fruit or veggies as a healthy snack today.</p>	<p>23 Be kind to your skin! Keep some sunscreen in your purse!</p>	<p>24 Call someone that you haven't spoken to in awhile.</p>	<p>25 What are you eating this week? What do you have to snack on for healthy treats?</p>
<p>26 How do you want to <i>feel</i> this week? Write that word down! Find different ways to make that feeling possible!</p>	<p>27 Use your lunch hour today to set your goals for July!</p>	<p>28 The year is almost half over. How are you doing on your goals? Any adjustments or things that need deleted? Congratulate your self on your progress!</p>	<p>29 Don't forget to get your July self-care calendar printed!</p>	<p>30 Do you have plans for the 4th of July? What do you need to do to prepare in advance?</p>		