

# August 2016 Self-Care Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p><b>1</b></p> <p>Set 2 goals for the month! What do you need to do to get them accomplished this week? How about today?</p>	<p><b>2</b></p> <p>Drink 8 glasses of water today! It's good for you!</p>	<p><b>3</b></p> <p>Make a list of wants so when you feel the need to shop you buy something on your list!</p>	<p><b>4</b></p> <p>Enjoy the outside today, whether it's a walk, swimming, or hike!</p>	<p><b>5</b></p> <p>It's almost back to school time. If your budget is tight wait until after school starts to buy clothing!</p>	<p><b>6</b></p> <p>What is one thing you can do today to make next week easier? Make an extra meal? Pay a bill? Gas up the car?</p>
<p><b>7</b></p> <p>Do you have birthdays or anniversaries to celebrate this month? Make a list if you need to buy cards or gifts!</p>	<p><b>8</b></p> <p>What are you eating this week? Jot down a few ideas to keep you out of the restaurants!</p>	<p><b>9</b></p> <p>Exercise today for 5 minutes!</p>	<p><b>10</b></p> <p>Do you need to get back to routine? Next week I'll be doing a Makeover Your Mornings Challenge! Mark your calendars!</p>	<p><b>11</b></p> <p>Work on a paper pile for 10 minutes today!</p>	<p><b>12</b></p> <p>How are your finances? It's almost pay day! Do you have a budget for your next paycheck?</p>	<p><b>13</b></p> <p>Being overscheduled stinks! What is something you can quit doing that takes a lot of your energy or time?</p>
<p><b>14</b></p> <p>What can you make out of your staples in your pantry? Add a meal or 2 from those staples to save on your grocery budget this week!</p>	<p><b>15</b></p> <p>Reach out to someone that has been on your mind. A card, email, text, or phone call is a great way to do it!</p>	<p><b>16</b></p> <p>Instead of watching t.v. tackle one small project on your list. Many of those take less than 30 minutes and are great to have crossed off!</p>	<p><b>17</b></p> <p>Is there a class in your area you'd like to take? Check around and sign up. Learning is life long!</p>	<p><b>18</b></p> <p>Shred all of the paper you have on top of your shredder!</p>	<p><b>19</b></p> <p>Delete extra emails or groups you no longer are interested in. If you have lots, set a timer for 15 minutes!</p>	<p><b>20</b></p> <p>Spend some time today doing a hobby you love.</p>
<p><b>21</b></p> <p>Plan your evening meals for the week.</p>	<p><b>22</b></p> <p>Do you have a savings fund for the holidays? Start one today! Even if it's \$5!</p>	<p><b>23</b></p> <p>Take a 20 minute nap!</p>	<p><b>24</b></p> <p>Do you have something nagging you that you want taken care of (appointments, etc)? Take care of that today!</p>	<p><b>25</b></p> <p>Schedule a lunch date with a friend.</p>	<p><b>26</b></p> <p>What are you doing this weekend? Schedule at least 3 things in that make you happy!</p>	<p><b>27</b></p> <p>When was the last time you washed your bedding? If it's been awhile do it today! Clean sheets are lovely!</p>
<p><b>28</b></p> <p>Wind down today and relax. Unplug and enjoy the quiet!</p>	<p><b>29</b></p> <p>What goals do you have to finish by the end of the year?</p>	<p><b>30</b></p> <p>August is an expensive month? Are you ready for a no spend challenge? Mark your calendars for the week of 9/11/16!</p>	<p><b>31</b></p> <p>What is one thing you can do in September to simplify your life?</p>			