

# Women With Intention's September 2016 Self-Care Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				<b>1</b>	<b>2</b>	<b>3</b>
		<b>“Don't Let Yesterday Take Up Too Much Of Today.” -Will Rogers</b>		It's a new month! Set your goals to have the best September possible! If you need help set 1 goal for yourself, one for a relationship, and one for business!	Do you have birthdays or anniversaries to celebrate this month? Make a list if you need to buy cards or gifts!	Fall is quickly approaching! What are 3 things you REALLY want to do this fall! Schedule them in your calendar TODAY!
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
Put away your summer decor today and get out your fall decorations!	Relax today! Do something you enjoy with your family, friends, or simply by yourself!	Do you have a \$1000 baby emergency fund? Start today. \$5 is a start!	Pick a day to do laundry. If you have a large family like I do, do 1 load a day. It saves a lot of stress and eliminates the laundry monster!	Have you been making time for the important things not just the urgent things? Schedule in time for the important!	Are you planning on making any crafts for the holidays for your home or for gifts? Make a list so you can start watching for sales or getting to work on your project!	Do you have old hobbies that you are no longer interested in? Time to get rid of it to make room for what you are currently interested in!
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
Challenge yourself to not spend any money on eating out this week. Coffee counts! Put what you saved in your savings!	Go to bed 10 minutes earlier than usual. If you need more than that add a few minutes each night!	What was one thing you loved as a kid that you would like to love again?	Have a color for each person in your home. You can color code towels, your calendar, etc. Keeps things simple!	Call someone special today. Nothing in life is guaranteed.	Savor the beauty of the changing leaves and season. You will miss these colors in a few months!	Have you had a personal retreat lately? Schedule some time for yourself next week!
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
Try a technology free day! Turn off the phone and computer and enjoy people!	Set a deadline to finish a project!	When was the last time you balanced your checkbook?	Not getting anything done? Try tracking your screen time.	It's the first day of fall... buy yourself a pumpkin scented candle or something small to celebrate	Use a fun water bottle to keep yourself hydrated. You are more likely to use things that you like or enjoy.	
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	
Take an evening walk and enjoy the first weekend of fall.	How can you help someone else this week?	What is one action you can do today to advance a project?	Don't buy anything until you know where you are going to put it.	Clean out your purse. Do you have receipts that need filed or thrown away?	Don't forget to grab your October Self-Care Calendar!	