

December 2016 Self-Care Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Need a very quick recipe to take to a party? Try my Jalapeno Chicken Dip! It's yummy and 4 ingredients! http://womenwithintention.com/crock-pot-jalapeno-chicken-dip/				1 December can be a hard month on the finances. Check over your budget for the month to be sure to stay on track!	2 It's the most wonderful time of the year! Create a holiday playlist that makes you happy!	3 Do you have enough food or supplies in your home in case you are stuck inside from a winter storm?
4 What are your goals this month? What do you want to accomplish? What do you NOT want to do?	5 As you prepare for the holidays and possibly difficult family members remember that only you can control yourself. Accept what you can't change!	6 Do you need to take something to a holiday party? If you need ideas, ask your friends on Social Media. I've gotten great recipes there!	7 Have you thought about gifting experiences this year instead of stuff? Memberships and tickets are a great clutter free gift!	8 Have a soup and sandwich night. Turn on a holiday favorite and enjoy some down time.	9 Feeling strapped for cash? Can you sell some of your clutter to earn some holiday cash?	10 Have you considered shopping from your friends who have their own businesses? It feels buy locally.
11 Do you have some cleaning to do? Set the timer and work in 20 minute intervals with a 10 minute break.	12 How can you finish 2016 strong? Do you have any goals you can wrap up or at least make progress on?	13 Find a way to be kind to a stranger today. It might be the only kindness they receive.	14 Have you sent out your Christmas cards? If not, make a cute social media post.	15 If you are an introvert don't be afraid to say no to some things this month.	16 Spend 15 minutes moving today. Get your heart pumping!	17 Have you enjoyed the Christmas lights in your neighborhood? Grab some hot cocoa and enjoy!
18 The holidays can be physically and mentally draining. Give your body a break today with a nap.	19 Double check your gifts & wrapping supplies (tape, wrapping paper & bags)!	20 Light a great smelling candle and enjoy being home this evening with holiday music.	21 Schedule in some fun for next week.	22 Set up a tax folder for your 2016 taxes. You'll soon be receiving documents to go in it.	23 Order take out tonight. Relax at home taking in the season.	24 Take a last minute look through your gifts. Are you missing anything?
25 Unplug from technology today and enjoy Christmas!	26 Look ahead to 2017. What projects would you like to take on? Make a list of projects and action steps!	27 Throw away all trash and clean your kitchen. If your home is chaotic at least there is one place that is calm!	28 Spend some time cleaning your bedroom. Start the New Year off right with a clean space.	29 Instead of resolutions, how about setting 2 mini goals you can complete in January. After completing those, set 2 more!	30 What is one area of giving you'd like to increase in 2017. Schedule in a few ways to do it in the first few months of 2017.	31 What areas of your life would you like to change in 2017..finances, meal planning, your cleaning routine?