

# February 2017 Self-Care Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Bonus Challenge #1</b></p> <p>It's a new month! What important birthdays, anniversaries, and occasions do you have this month? If you need gifts or cards add them to your shopping list!</p>	<p><b>Bonus Challenge #2</b></p> <p>Do you have enough food and supplies in the pantry for a winter storm? (And maybe even a good book to read?)</p>	<p><b>Bonus Challenge #3</b></p> <p>Make your own Valentine's for the people you care about. If you need ideas check out my Pinterest board!  <a href="http://pinterest.com/womenwithintention">pinterest.com/womenwithintention</a></p>	<p><b>1</b></p> <p>Have you set your goals for February or made a mini-goal if this idea is stressful to you? What steps do you need to do to reach that goal(s)?</p>	<p><b>2</b></p> <p>Treat yourself to something you love:: read, take a bubble bath, buy yourself some pretty flowers, journal, color, a fancy coffee or pray.</p>	<p><b>3</b></p> <p>If you are doing Bonus Challenge #3 head to the craft store to pick up your supplies!</p>	<p><b>4</b></p> <p>What has been draining your energy? How can you work on that? Adding healthier foods to your diet? More sleep? Limiting time with toxic people?</p>
<p><b>5</b></p> <p>Free day! Do anything that makes you feel at rest and loved today! (Sometimes that means doing NOTHING at all and just relaxing!)</p>	<p><b>6</b></p> <p>Invite someone(s) to do something with you. P.S. Maybe they'd like to make Valentine's?</p>	<p><b>7</b></p> <p>Work on accepting compliments and help this week. Instead of fighting them, say, "Thank you!"</p>	<p><b>8</b></p> <p>It takes 21 days to form a new habit. What habit would like to work on? If you start Monday, you will have a formed a new habit this month!</p>	<p><b>9</b></p> <p>Set the timer for 10 minutes and work on a junk drawer. We all have them! 10 minutes can make a big difference!</p>	<p><b>10</b></p> <p>Take a walk today. If the weather isn't cooperating where you are, try to do jumping jacks for 3 minutes!</p>	<p><b>11</b></p> <p>Have you ever made a vision board? This is a fun, creative process to help you get your goals on paper with pictures instead of words! Try it! It's fun and motivating!*</p>
<p><b>12</b></p> <p>Have you tried a technology-free day? Shut down the cell phones &amp; tablets and LIVE!</p>	<p><b>13</b></p> <p>Are your winter accessories a mess? Try pretty gift boxes or hat boxes to store scarves, mittens, and hats.</p>	<p><b>14</b></p> <p>Instead of depending on others for happiness today, create your own. Do something today just for you!</p>	<p><b>15</b></p> <p>What do you need? Free time? Lunch with a friend? A phone call with a loved one? Make time this week to schedule it!</p>	<p><b>16</b></p> <p>Do you have a hard time with overeating? Try putting your snacks into a bowl instead of eating out of the box or bag.</p>	<p><b>17</b></p> <p>What is something you can do this weekend to further your path on your 2017 goals?</p>	<p><b>18</b></p> <p>Plan ahead so you can make your lunches this week instead of buying them.</p>
<p><b>19</b></p> <p>How can you cut spending the rest of the month?</p>	<p><b>20</b></p> <p>How can you bring something beautiful into your workspace?</p>	<p><b>21</b></p> <p>Do you have supplies on hand for cold and flu season?</p>	<p><b>22</b></p> <p>Look in the mirror and find 3 things that are beautiful about yourself. They are there!</p>	<p><b>23</b></p> <p>Say no to something not on your priority list.**</p>	<p><b>24</b></p> <p>Stay in tonight and rest. Watch a movie, read as a family, and just relax.</p>	<p><b>25</b></p> <p>Take a 20 minute nap.</p>
<p><b>26</b></p> <p>What is one area of your budget you can cut back on to save money in March?</p>	<p><b>27</b></p> <p>It's almost a new month. What will be happening in March that you can start planning for today?</p>	<p><b>28</b></p> <p>Lent starts tomorrow. Even if you aren't Catholic, is there something you could do for the next 40 days to improve your life?</p>	<p><b>*Vision Board Info:</b></p> <p><a href="http://womenwithintention.com/make-vision-board-need-one/">http://womenwithintention.com/make-vision-board-need-one/</a></p>	<p><b>**Setting Priorities:</b></p> <p><a href="http://womenwithintention.com/31-days-intentional-living-setting-priorities/">http://womenwithintention.com/31-days-intentional-living-setting-priorities/</a></p>		<p><a href="http://womenwithintention.com">http://womenwithintention.com</a></p>

