

March 2017 Self-Care Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Things to think about: Is there a new habit or skill you would like to learn or develop this month? Schedule it in!</p>	<p>What is one health/food/exercise change you want to make this month?</p>	<p>This is the last month of the 1st quarter. What do you need to do to complete a goal? Make a detailed list and get to work!</p>	<p>1 It's the beginning of Lent. What is something you can do to improve your life or the life of someone else for the next 40 days?</p>	<p>2 Walk around your home and fill up a bag with garbage today. Your home should be a place to dwell- get rid of the broken items and trash! You won't miss it!</p>	<p>3 Take the night off from being "plugged in". Need something to do? Read, visit with family or friends, volunteer, or tackle a project!</p>	<p>4 Are you struggling with money? Have you considered a pantry challenge where you try to use up what's in your pantry instead of shopping for groceries?</p>
<p>5 It's planning day! What can you do to prep for the upcoming week to make your life easier? Take 30 minutes to help yourself out.</p>	<p>6 When was the last time you relaxed with a hot bath, glass of wine, or a manicure? Treat yourself today to something that relaxes you.</p>	<p>7 Clean off your nightstand by your bed today. It's always nice to have a clean sleeping area!</p>	<p>8 Send someone you care about a card today.</p>	<p>9 Plan out a fun meal that you want to create this weekend. Make out your grocery list and enjoy a meal of delicious food!</p>	<p>10 Take a walk today or a quick jog. Your body will thank you!</p>	<p>11 Spend your time focusing on relationships today! Connect to a friend! Find a day that you can meet for coffee or lunch and get it on the calendar</p>
<p>12 Plan for some extra rest today!</p>	<p>13 If money has been tight lately try tracking your spending this week.</p>	<p>14 Are there any doctor, dentist, or hair appointments you need to make? Schedule those today!</p>	<p>15 You've made it halfway through the week! Take a bubble bath and afterwards put on some nice lotion! Your skin will thank you!</p>	<p>16 Are you planning a spring garden? What steps do you need to take?</p>	<p>17 It's St. Patrick's Day! Don't forget to wear your green!</p>	<p>18 Spend 15 minutes reviewing your monthly goals! There is still time to make progress on your March goals!</p>
<p>19/26 If you are having a hard time getting this done, try tracking your time this week. ----- Spend 15 minutes cleaning your bathroom today!</p>	<p>20/27 Do you need to catch up on bills or paperwork? Spend 30 minutes on this today ----- Spend 20 minutes on a household task that you've been putting off.</p>	<p>21/28 Update your passwords today. Be sure to keep a master list in a safe place! ----- What can you add to make your work space more cheerful?</p>	<p>22/29 How can you simplify today? Is there anything you can delegate to someone else? ----- What mini-challenge do you want to try in April?</p>	<p>23/30 Call someone you care about today. ----- Don't forget to download your April 2017 Self-Care Calendar!</p>	<p>24/31 Does your soul crave people or alone time? If it's people meet some friends, if it's alone allow yourself that to happen. ----- Schedule lunch with a mentor! Write out your questions to make the most of this time!</p>	<p>25 Tackle that project today that you've been putting off. Break it into manageable chunks and get to work!</p>