

April 2017 Self-Care Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						<p>1</p> <p>It's a brand new quarter! What are your goals for the next 3 months? It's a fresh time to start!</p>
<p>2</p> <p>Find a new podcast or You Tube video to listen to or watch this week that energizes you!</p>	<p>3</p> <p>Get 8 hours of sleep tonight!</p>	<p>4</p> <p>Are you wanting to have a garden this year? Head to the library/google to do some research on what you are planning to grow!</p>	<p>5</p> <p>If you aren't finished with your taxes, what do you need to organize to finish for this year?</p>	<p>6</p> <p>What have you been neglecting? Take 15 minutes today to nurture that neglect!</p>	<p>7</p> <p>Stop comparing yourself to everyone else! Do something that makes YOU happy today!</p>	<p>8</p> <p>Are you always in a hurry? Plan to leave 10 minutes earlier for your next appointment. Did you feel more at ease?</p>
<p>9</p> <p>Are you overwhelmed? Is there something you can say no to? If not what can you do to make it more enjoyable?</p>	<p>10</p> <p>Spend 10 minutes cleaning out your purse today!</p>	<p>11</p> <p>Plan ahead today...do you have an emergency kit made for your car? Start small and put 5 things together.</p>	<p>12</p> <p>This is the beginning of the 2nd quarter. What are your goals for the next 3 months?</p>	<p>13</p> <p>Stop wasting time today! Write down 5 time wasters and avoid one of them today.</p>	<p>14</p> <p>Celebrate the end of the week! Whether it's going out for dessert, buying yourself flowers, or fancy bubble bath, enjoy your treat!</p>	<p>15</p> <p>Get outside and enjoy some spring fresh air today!</p>
<p>16</p> <p>Spend some time reading or listening to a podcast or youtube video today!</p>	<p>17</p> <p>Set a goal for the week and get to work on achieving it!</p>	<p>18</p> <p>What's for dinner? Can you make an extra entree so you have one to put in the freezer?</p>	<p>19</p> <p>Keep a small notebook in your purse/car to catch important thoughts when they happen.</p>	<p>20</p> <p>Send a card to someone you've been thinking about.</p>	<p>21</p> <p>Have you thought about volunteering? Write down a few ideas and see if one will work for you!</p>	<p>22</p> <p>Prioritize your weekend. What is the most important thing? Focus on that and move on to the next!</p>
<p>23</p> <p>What would you like to accomplish this week? *****</p> <p>30</p> <p>Do something that makes you happy today!</p>	<p>24</p> <p>Do you have some clothing in your laundry pile or closet that you are ready to donate to someone who needs them?</p>	<p>25</p> <p>Call/text a friend and schedule a lunch date!</p>	<p>26</p> <p>Go to bed early tonight to catch up on some sleep. Your body will thank you!</p>	<p>27</p> <p>When was the last time you painted your toes? Buy yourself some pretty polish...even if no one else will see!</p>	<p>28</p> <p>Clean your room today and enjoy your clean space.</p>	<p>29</p> <p>Bake something that looks yummy!</p>