

June

2017

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|--|---|---|--|---|
| | | | 1 Breathe in through you nose counting to 7 and exhale counting to 7 | 2 Watch a favorite movie | 3 Get out in nature, sit outside or go for a walk | 4 Make a smoothie |
| 5 Listen to music | 6 Start reading a good book | 7 Get creative, draw, write, paint etc. | 8 Plan a meal to cook, something you have never made before. | 9 Write down affirmations and repeat them to yourself 10 time each | 10 Call a friend | 11 Just sit for 10 minutes doing nothing |
| 12 Declutter one area or room in your living space | 13 Go for a walk | 14 Call a family member you | 15 Stretch | 16 Research an outdoor activity you can do this weekend | 17 Do an outdoor activity | 18 Spend at least one hour without your electronic devices |
| 19 Make a list of things that you are grateful for | 20 Do something nice for someone else | 21 Set your intentions for the summer | 22 Go to bed earlier than usual | 23 Spend at least 5 minutes meditating | 24 Buy flowers for yourself or someone else | 25 Reflect on things that bring you peace in your life |
| 26 Get your body up and moving for at least five minutes today | 27 Change one thing that is causing stress in your life | 28 Hang out with a friend | 29 Enjoy a cup of coffee, tea, or a smoothie and just sit | 30 Make a list of self-care things you can do regularly for yourself | | |

You can do each self-care activity as it shows for each day or you can pick an activity that works for you and when you complete it cross it off. It only matters that you chose one thing each day to do for yourself. Make it fun and enjoy!

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