

SELF-CARE SEPTEMBER 2018



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

						1. SET 5 PERSONAL GOALS FOR THE MONTH	2. DO SOMETHING TODAY THAT MAKES YOU FEEL GOOD
3. WRITE 6 POSITIVE AFFIRMATIONS TO READ EVERY MORNING	4. GO FOR A 30 MINUTE WALK	5. UNFOLLOW ANY TOXIC PEOPLE ON SOCIAL MEDIA	6. WRITE A LIST OF ALL YOU ARE GRATEFUL FOR	7. LISTEN TO A MEDITATION TO DESTRESS FROM YOUR WEEK	8. GO TO A BOOKSTORE OR BROWSE ONLINE FOR NEW BOOK	9. TAKE A NAP DURING THE DAY	
10. CHANGE THE PHRASE 'I HAVE TO' TO 'I GET TO' AND NOTICE THE DIFFERENCE	11. TRY A NEW EXERCISE CLASS/ROUTINE/RUN ROUTE	12. GET TO BED AN HOUR EARLIER	13. FORGIVE SOMEONE YOU'RE MAD AT	14. TREAT YOURSELF TODAY	15. CALL A FRIEND YOU HAVEN'T SPOKEN TO FOR A WHILE	16. DO A HEALTHY MEAL PREP FOR THE WEEK	
17. DON'T LOOK AT YOUR PHONE AFTER 9PM	18. ORGANISE YOUR FINANCES	19. WAKE UP AN HOUR EARLIER TO EXERCISE	20. WATCH A TED TALK ON YOUTUBE	21. FIND TIME TODAY TO LOOK AT PHOTOS WITH HAPPY MEMORIES	22. GET OUTDOORS IN NATURE	23. MAKE BONE BROTH TO HEAL YOUR GUT	
24. PLAN SOMETHING FUN TO DO THIS WEEK	25. CLEAR OUT A CUPBOARD OR DRAWER	26. DECIDE WHAT YOU WILL DO LESS OF AND MORE OF, FOR A HAPPIER LIFE	27. LISTEN TO A PODCAST	28. SMILE AND GIVE PEOPLE COMPLIMENTS ALL DAY	29. REFLECT ON THIS MONTH AND CELEBRATE YOUR SUCCESSES	30. SET YOUR GOALS FOR OCTOBER	