



DECEMBER

Self-Care Calendar

MON

TUE

WED

THU

FRI

FRESH
START



SCAN TO VISIT
OUR WEBSITE FOR
MORE RESOURCES



EVERY DAY
IS A
fresh
START

I'M WORTHY
OF LOVE
AND HAPPINESS

1
REVIST (AND
REWRITE)
YOUR GOALS

BUILD
CONNECTIONS

4
SPEND
QUALITY
TIME WITH
FRIENDS OR
FAMILY

5
CONNECT
WITH OTHERS
WHO SHARE A
COMMON
GOAL

6
SHARE
MOTIVATION
WITH
SOMEONE
WHO NEEDS IT

7
SHARE YOUR
FAVORITE
SONG WITH
A FRIEND

8
START A
BOOK CLUB
WITH A
FRIEND

RADIATE
POSTIVITY

11
SAY
SOMETHING
NICE TO
SOMEONE

12
SMILE AT
SOMEONE
NEW

13
SHARE
YOUR
SILVER
LINING

14
COMPLIMENT
SOMEONE'S
STYLE

15
SHARE
POSITIVE
SELF-TALK
WITH OTHERS

FINAL
STRETCH

18
PLAN AHEAD
AND
PRIORITIZE
TASKS

19
STAY
HYDRATED

20
GET ENOUGH
SLEEP

21
FOCUS ON
YOUR
EXCITEMENT
FOR THE
FINISH LINE

22 FIRST DAY OF
BREAK
CUDDLE A PET
OR ENJOY
NATURE

PERSONAL
SELF-CARE

25 NO SCHOOL
THIS WEEK
WATCH YOUR
FAVORITE
MOVIE

26
BUY
YOURSELF A
GIFT

27
ENJOY YOUR
FAVORITE
DESSERT

28
SPEND TIME
DOING YOUR
FAVORITE
HOBBY

29
ENJOY YOUR
FAVORITE
WARM
HOLIDAY DRINK