



December Self-Care Calendar

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK ONE: POSITIVE SELF-TALK			SCAN TO VISIT OUR WEBSITE FOR MORE RESOURCES 	1 REPEAT 3X I AM ENOUGH JUST AS I AM RIGHT NOW, AND ALWAYS	2 REPEAT 3X I AM EMPOWERED AND CAPABLE OF ANYTHING
WEEK TWO: MINDFULNESS SELF-CARE	5 START A JOURNAL	6 TAKE TIME TO STRETCH FOR FIVE TO TEN MINUTES	7 READ A NEW BOOK THAT RELAXES YOU	8 TAKE FIVE MINUTES TO MEDITATE SOMETHING PEACEFUL	9 REARRANGE ITEMS TO CREATE A CALM SPACE
WEEK THREE: HOLIDAY SELF-CARE	12 SET A NEW GOAL FOR THIS WEEK	13 CREATE SOMETHING FESTIVE TO HANG	14 PURCHASE OR MAKE A GIFT FOR SOMEONE	15 WATCH A HOLIDAY MOVIE WITH A LOVED ONE	16 SPREAD JOY AND BAKE WITH A FRIEND
WEEK FOUR: CONNECTION CARE	19 DONATE TIME TO A LOCAL SHELTER	20 DONATE CLOTHES, FOOD, ETC., TO A LOCAL SHELTER	21 LEAVE A POSTIVE NOTE IN A RANDOM SAFE PLACE	22 PICK UP TRASH IN A PLACE YOU GO WITH FRIENDS	23 TEXT SOMEONE AND ENCOURAGE THEM
WEEK FIVE: PERSONAL CARE	26 BE INTENTIONAL ABOUT HAVING BREAKFAST	27 LISTEN TO CALMING MUSIC	28 WAKE UP EARLY AND ENJOY SOME QUIET TIME	29 TAKE A WARM BATH AND DRINK PLENTY OF WATER	30 TAKE THIRTY MINUTES FOR YOURSELF TO DO SOMETHING YOU ENJOY