



# JANUARY

## Self-Care Calendar

	MON	TUE	WED	THU	FRI
<b>WEEK ONE: FRESH START CARE</b>	2 CREATE A LIST OF GOALS FOR THE YEAR	3 CHECK YOUR MINDSET MORE THAN YOUR PHONE	4 LEARN A NEW SKILL	5 START A NEW BOOK	6 CREATE A VISION BOARD
<b>WEEK TWO: PHYSICAL CARE</b>	9 TRY OUT A NEW YOGA POSE	10 GO ON A BIKE RIDE WITH FRIENDS	11 HAVE A DANCE PARTY BEFORE YOU START YOUR DAY	12 WRITE DOWN A FEW THINGS THAT BRING YOU PEACE	13 EMPTY YOUR MIND FROM THE NEGATIVITY OF THE WEEK
<b>WEEK THREE: CONNECTION CARE</b>	16 MAKE A NEW FRIEND WITH SOMEONE	17 THANK SOMEBODY YOU LOOK UP TO	18 GIVE SOMEONE A PEP TALK	19 WRITE AN ENCOURAGING NOTE FOR SOMEONE	20 GIVE SOMEONE A COMPLIMENT
<b>WEEK FOUR: EMOTIONAL CARE</b>	23 REMIND YOURSELF THAT YOU ARE LOVED AND WORTHY	24 SET A POSITIVE INTENTION FOR THE DAY	25 REMEMBER TO ASK FOR HELP WHEN YOU NEED IT	26 START WITH A POSITIVE AFFIRMATION LIKE "TODAY WILL BE GREAT"	27 WATCH A FUNNY VIDEO TO START THE DAY
<b>WEEK FIVE: PRACTICAL CARE</b>	30 DO SOMETHING THAT MAKES YOU SMILE	31 GIVE SOMEONE YOU LOVE A HUG			SCAN TO VISIT OUR WEBSITE FOR MORE RESOURCES 