



SEPTEMBER

Self-Care Calendar



MON

TUE

WED

THU

FRI

WEEK ONE:
WELLNESS
CARE



SCAN TO VISIT
OUR WEBSITE FOR
MORE RESOURCES



1 CHECK IN ON
A FRIEND
THIS WEEK

WEEK TWO:
PRACTICAL
CARE

4 REST! YOU
DESERVE IT
**LABOR DAY
NO SCHOOL**

5 BEFORE YOU
START A
TASK MAKE
A CHECKLIST

6 START A
CLEANING
SCHEDULE FOR
YOUR SPACE

7 CREATE A
HAPPY
HEALTHY
ENVIRONMENT

8 SET A
BUDGET FOR
THE MONTH

WEEK THREE:
FITNESS
CARE

11 MOVE PAST
YOUR DAILY
STEP GOAL

12 WALK OR BIKE
SOMEWHERE
TODAY

13 FOLLOW A
MEDITATION
VIDEO

14 SPEND 5
MINUTES
STRETCHING

15 GO FOR A
WALK AND
ENJOY THE
AIR

WEEK FOUR:
POSTIVE
CARE

18 PRACTICE
POSITIVE
SELF-TALK
THIS WEEK

19 WRITE DOWN
2 POSITIVE
THINGS
ABOUT
YOURSELF

20 FOCUS ON A
'POSTIVE'
TODAY

21 CHECK IN
WITH
YOURSELF

22 SAY A
POSTIVE
THING TO
SOMEONE

WEEK FIVE:
SELF-
GROWTH

25 DRINK MORE
WATER THIS
WEEK.
HYDRATE!

26 PRACTICE
GRATITUDE
WITH
YOURSELF

27 REFLECT ON
HOW FAR YOU
HAVE COME

28 JOURNAL IN A
COMFY
PLACE

29 CREATE AND
FOCUS ON A
VISION
BOARD FOR
NEXT MONTH

