February: A Month of Self-Care

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Set 3 goals for the month	2 Write down 3 things you love about yourself	3 Move your body in a way that feels good
4 Make a list of things you're grateful for	5 Meditate	6 Send a love note to a friend	7 Choose a limiting belief to give up	8 Write a list of "Hell no!"s to help set boundaries	9 Declutter, clean, organize your workspace	10 Spend time with someone who makes you feel good
11 Create a positive affirmation	12 Make a list of everything that brings you joy	13 Do a random act of kindness	14 Compliment yourself every time you see your reflection	15 Stretch for at least 10 minutes	16 Read something inspiring for 10 minutes	17 Treat Yourself! You know what you like
18 Set 3 intentions for the week ahead	19 Do something you've been putting off	20 Write a list of your accomplishments	21 Listen to a song you love	22 Tell someone you admire them and why	23 Drink lemon water in the morning	24 Wear something that makes you feel good
25 Set a health goal for today and the week	26 Thank the universe for 3 things before bed	27 Unplug before bed	28 Celebrate your wins!			