

# MARCH 2020

## Self-Care Calendar

*"At the center of your being, you have the answer; you know who you are and you know what you want."*

*-Lao Tzu*

Mon	Tue	Wed	Thu	Fri	Sat	Sun
						<b>1</b> Give yourself a hug
<b>2</b> Eat a sweet	<b>3</b> Paint your nails	<b>4</b> Blast a song that makes you happy	<b>5</b> Light a candle	<b>6</b> Text a friend	<b>7</b> Sing in the shower	<b>8</b> Give yourself permission to do nothing
<b>9</b> Put lotion on your feet	<b>10</b> Listen to a guided meditation	<b>11</b> Eat a meal mindfully	<b>12</b> Watch a funny video	<b>13</b> Have a dance party for one	<b>14</b> Go for a walk	<b>15</b> Write down 3 things you're grateful for
<b>16</b> Re-organize a drawer	<b>17</b> Look through a photo album	<b>18</b> Take 3 deep breaths	<b>19</b> Wear your coziest socks	<b>20</b> Make yourself tea	<b>21</b> Watch a favorite movie	<b>22</b> Color in a coloring book
<b>23</b> Listen to a calm song	<b>24</b> Do something slowly	<b>25</b> Give yourself a compliment	<b>26</b> Think of a happy memory	<b>27</b> Cuddle with a pet or teddy bear	<b>28</b> Fold warm laundry	<b>29</b> Browse stores online
<b>30</b> Go to sleep a little early	<b>31</b> Play a game on your phone					

*Hint: Substitute any activity you don't like with something you do like.*

