



31 DAYS

Seeking Self-Care & Discovering Respite

	SUN	MINDFUL MONDAY	TUE	WED	THU	FRI	SAT
5 Minute Self-care	Sundays are FREE Days	Sit outdoors for 5 mins 1	Do box Breathing: Count of 4 in, hold, out, 2 hold	Walk in place, outdoors if possible 3	Listen to quiet music before anyone else 4 gets up	Stretch your body, head to toe 5	Read a short devotional or poem 6
10 Minute Self-care	Rest 7	Sit outdoors, Pray, speak loving words over your life, 8 listen	Declutter one small area (two if you feel like it) 9	Before getting anyone up, PRAY 10	Start your manicure, clip & file your nails. 11	Finish your manicure, Polish your nails. 12	Write 3 things you're grateful for 13
15 Minute Self-care	Relax 14	Sit outdoors, feel the grass on your feet, be present. 15	Take a walk without headphones 16	Google & write 3 Bible verses on Hope. 17	Read and meditate on Hope bible verses (5/17) 18	Journal about the Hope verses, rewrite one as a 19 prayer	Tap into your creative side: color, paint, write 20
20 Minute Self-care	Renew 21	Linger & enjoy breakfast, lunch, or dinner (or all 22 3 :-)	Take a prayer or meditation walk 23	Journal about your self-care exp so far 24	Read for 20 minutes 25	Google a low ingredient recipe, chk the pantry, order what you need 26	Do a YouTube easy stretch, yoga, HIIT, or pilates video 27
20 Minute Self-care	Enjoy 28	Cook your new low ingredient recipe (5/26) 29 Enjoy!	Review day! Grab your journal & go to my feed. 30	Celebrate you today! Do some-thing fun! 31	Thank you for investing in you and your well-being. Self-care matters, so please keep doing it. Then, you will be able to enjoy all the other things life has to offer.		

Track your progress. Mark each activity as you complete it.

GETTING THE MOST OUT YOUR INVESTMENT IN YOU

Goal: Explore self-care and discover what works best for you to develop a habit of self-care in the months & years ahead.

Here's how it works:

- Each week suggests daily self-care activities lasting 5, 10, 15, or 20 minutes.
 - Sundays are FREE days & Mondays are mindful, great ways to start the week.
 - This is a calendar so you can do the daily activity.
- OR
- You can choose what you can do with the time & energy you have available that day.
 - The more consistent you are about self-care, the more you'll benefit.
 - Go to my Instagram feed for daily encouragement and more info on self-care.