

## SELF CARE CALENDAR

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Week 1</b>	Spend 20 minutes on meal prep for the week, get your portable options packed up and ready.	Take a hot shower before bed and lotion up with some body butter or coconut oil.	Paint your nails your favorite color or choose a color you've never tried before.	Set aside 1 hour to read your favorite book.	Light candles all over your home. If you don't have candles, head to Ross to find some cheapies.	Coconut oil your hair, wrap with a plastic bag and sleep with it.	Take a long shower and wash your coconut hair.  Take a 2 mile walk.
<b>Week 2</b>	Try dry scrubbing. Rub your body with a brush or washcloth in circles, work toward your heart.	Set a yoga date with a friend and try a new studio.	Indulge in your favorite treat meal.	Create something, color, craft, finish a home project.	Clean out your email inbox.	Take a nap.	Watch an episode of your favorite show.
<b>Week 3</b>	Donate to someone in need. Try packing a bag of old clothes and make some food, drop it off.	Get 15 minutes of naked sunshine.	Spend 20 minutes in your journal writing all the things you love about yourself.	Write someone a thank you note. Send it snail mail.	Go on a hike.	Spend 15 minutes meditating and breathing.	Go to the farmer's market.
<b>Week 4</b>	Buy yourself some new essential oils.  Sleep in!	Spend 15 minutes stretching your body.	Make a phone call to someone you love, tell them you love them.	Spend 15 minutes working on your 1 year goals for 2018.	Do a workout at home.	Create a new habit to bring more balance to your life.	Go dancing to celebrate the end of your radical self care month!

