

SEPTEMBER '20

S	M	T	W	T	F	S
		1 Splurge on a fancy cupcake	2 Forgive yourself for a past 'mistake'	3 Look in the mirror and compliment yourself	4 Write "I am worthy" 5 times	5 Have dessert for dinner
6 Take a nap	7 Walk around your home and find things you love	8 Frame your fav photo	9 Buy yourself flowers	10 Unsubscribe to emails you no longer want	11 List 5 things that make you happy	12 Take some selfies & change your profile pic
13 Get up early to watch the sunrise	14 Practice deep breathing for calmness	15 Rearrange your room (on paper works!)	16 Watch a youtube video to learn something new	17 Dream of a 'someday' getaway;	18 Compliment a stranger	19 Pamper your skin
20 Stay in your pajamas all day	21 Ask a friend for advice	22 Dance to your fav song	23 Say your favorite affirmation	24 Journal for 20 minutes	25 Write a thank you note to someone for being in your life	26 List 5 things you're grateful for
27 Go to bed 30 minutes early	28 Celebrate an accomplishment	29 Relive a fun time from your past	30 schedule self care for October			