

OCTOBER '20

S	M	T	W	T	F	S
				1 Blast your fav music in the car and SING	2 Pamper your skin	3 Watch the moon rise & make a wish
4 Find the sun and let it soak in your soul	5 Meditate for 15 minutes	6 Try a new lipstick color	7 Buy a single stem flower for yourself	8 Laugh on purpose for 1 full minute	9 Give yourself a break from the news	10 Draw a silly face on a pumpkin
11 Take a nap	12 Snap 5 selfie pics using filters	13 Eat dessert first	14 Give yourself a compliment	15 Watch something that makes you laugh	16 Soak your feet & use your fav lotion	17 Do something artistic
18 Plan your meals for the week	19 Write a note to your 10 year old self	20 Think about a hobby you'd like to begin	21 Call a friend and offer support	22 Make a list of what makes you happy	23 Buy new cozy, fall socks	24 Plan how you'd start your new hobby
25 Email a business about a great employee	26 Take a virtual tour of a foreign land	27 Eat a cupcake!	28 Write an affirmation & leave it for someone	29 Make a list of your best physical features	30 Plan next months self care	31 Dress up and have fun!

Self Care Calendar