

# March '20

S

**1**  
Plan to write in your journal every week

**8**  
Take a nap!

**15**  
Unplug from social media

**22**  
Make a playlist of your favorite dance songs

**29**  
Plan to get up 15 minutes earlier tomorrow

M

**2**  
Go to bed 30 minutes early

**9**  
Stretch for 5 minutes (or for 5 extra minutes!)

**16**  
Clean out a drawer

**23**  
Meditate for 15 minutes

**30**  
Make a "this makes me happy" list

T

**3**  
watch the sunrise

**10**  
Watch something that makes you laugh!

**17**  
Repeat: "I am fabulous" 3 times OUTLOUD!

**24**  
List your own 5 favorite physical features

**31**  
Schedule self care for April

W

**4**  
Face one of your fears

**11**  
Help a neighbor

**18**  
Find your favorite poem

**25**  
Buy/make 3 cards to mail

T

**5**  
Buy and plant seeds for flowers

**12**  
Light your favorite candle

**19**  
List 3 people you want to send a card to

**26**  
Dance in the kitchen

F

**6**  
Look for a new recipe to try this weekend

**13**  
Think positive thoughts all day

**20**  
Watch your favorite movie

**27**  
Unfollow negative people in your newsfeed

S

**7**  
Blast your favorite music while you clean

**14**  
Soak your feet

**21**  
Give yourself grace for a mistake you're worried about

**28**  
Write 3 cards to friends & mail them

# Self Care Calendar

[www.scattered.sasha.com](http://www.scattered.sasha.com)