

February '20

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1
Wake 5 minutes earlier & make a grateful list

2
Find a book to use as a journal

3
Leave an anonymous compliment for someone

4
Try something new to eat

5
List 5 things you love about your appearance

6
Dance to your favorite song

7
Learn a new word and use it

8
Skip dinner and eat dessert instead

9
Take a Nap!

10
Find a new author and check out his/her book

11
Plan a weekend girls trip

12
Apply a face mask and pamper your skin

13
Sign up for a class you've always wanted to take

14
Reconnect with someone you've meant to call

15
Write a love letter to yourself

16
Forgive someone

17
Learn a new joke and tell it

18
Create a wish list for your birthday

19
Write a card to someone and mail it

20
Take 20 new selfies and only keep the best one

21
Give yourself grace for a mistake you've made

22
Buy a single flower and give it away

23
Make a list of your strengths

24
Memorize your favorite positive quote

25
Explore a new podcast

26
Look in the mirror and give yourself a compliment

27
Write down a bucket list & check off what you've done

28
Schedule Self Care time for March

29
Forgive Yourself

Self Care Calendar

www.scatteredasha.com