









AUGUST: SELF CARE

#loveyourself

M	Tu	W	Th	Fr	Sa/Su
			 <i>Let's go!</i>	1 Write down 5 things to be happy about right now	2 Read for pleasure <i>Sleep in!</i>
4 Drink 8 cups of water	5 Try yoga <i>Namaste!</i>	6 Sweat	7 Streeetch	8 Write down 5 things to be happy about right now <i>Be grateful!</i>	9  Listen to your favorite album, cell-phone free!
11 Set aside time for creativity 	12 Immerse yourself in a crossword puzzle	13 Clean out a junk drawer	14 Meditate <i>Ohmmm</i>	15 Write down 5 things to be happy about right now	16 Take a walk without your phone
18 Write a thank you note 	19 Call a friend	20 Take a nap <i>Zzz</i>	21 Schedule your annual check-up (just get it over with!)	22 Write down 5 things to be happy about right now	23  Make that healthy recipe you saw on Pinterest
25 Take a deep breath (X5)	26 Smile at a stranger 	27 Write your 5-year dream plan <i>Dream big!</i>	28 Dance <i>Like no one's watching!</i>	29 Write down 5 things to be happy about right now	30 Smile <i>#imagreatist</i>
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NOTES
