

# Self Care IN MAY



SUN MON TUE WED THU FRI SAT

#selfcarechallenge2020

					1 TRY 8 DRINK glasses of water	2 Call someone you love
3 PLANT something	4 Go for a walk	5 WEAR RED FOR MEMORIALIZING	6 FACETIME A FRIEND	7 GET TO BED 30 min early	8 WATCH YOUR FAVORITE MOVIE	9 WORK ON SOMETHING Creative
10 TRY A MEATLESS MEAL	11 SEND an UPDATE on your PLANT	12 ENJOY a beverage in the sun	13 GET RID OF 5 things you no longer USE	14 Use Aromatherapy -or- Smudge	15 LEARN Something NEW	16 TAKE A break FROM technology
17 PRACTICE gratitudes TAKE NOTE OF 3 THINGS you appreciate	18 (VICTORIA DAY) BAKE something Delicious	19 WATCH something UPLIFTING	20 SQUAT or LUNGE FOR 10 Minutes	21 TRY MEDITATION -or- YOGA	22 SET UP/HAVE A VIDEO CHAT with friends	23 TAKE A BREAK by THE CAMPFIRE
24 SEND an UPDATE on your PLANT	25 START A NEW BOOK	26 WAKE up 30 MINUTES EARLY	27 Begin Budgeting Your next VACATION	28 TRY A NEW TEA -OR- COFFEE	29 ORGANIZE -OR- DECLUTTER SPACE	30 LEARN A NEW or OLD GAME
31 MAKE fancy BREAKFAST	MEMO: _____					