













# January Self Care Calendar



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>2</p> <p><i>Happy New Year</i> <i>What's one thing you can do for yourself this year?</i></p> 	<p>3</p> <p><i>What words(s) or phrases are guiding you this year?</i></p>	<p>4</p> <p><i>Is there a social media account that makes you feel negative? Unsubscribe from it.</i></p>	<p>5</p> <p><i>Write a letter to yourself and then open it at the end of the year.</i></p> 	<p>6</p> <p><i>Show extra empathy and compassion to those who are in a tough season of life.</i></p>	<p>7</p> <p><i>When you feel you can't do something, add the word "yet"</i></p>	<p>8</p> <p><i>Create a vision board for 2023.</i></p> 
<p>9</p> <p><i>Enjoy photos from a time with Happy memories</i></p>	<p>10</p> <p><i>Meet up with a friend today or this week.</i></p> 	<p>11</p> <p><i>What can you do to build trust in yourself today?</i></p>	<p>12</p> <p><i>Choose to see your mistakes as steps to help you learn.</i></p>	<p>13</p> <p><i>Take yourself out on a date today.</i></p> 	<p>14</p> <p><i>Choose one of your strengths and find a way to use it today.</i></p>	<p>15</p> <p><i>Turn off your phone for a few hours today.</i></p>
<p>16</p> <p><i>Write down 5 things you love about yourself.</i></p> 	<p>17</p> <p><i>Are you properly hydrated? Grab a glass of water.</i></p>	<p>18</p> <p><i>Avoid electronics 30 minutes prior to bedtime to improve your sleep.</i></p>	<p>19</p> <p><i>Complete a random act of kindness.</i></p> 	<p>20</p> <p><i>Select one room in your house and make a decluttering plan.</i></p>	<p>21</p> <p><i>It's national hug day. Share a hug with someone you love.</i></p>	<p>22</p> <p><i>Take a break and recharge.</i></p> 
<p>23</p> <p><i>Compliment yourself today.</i></p> 	<p>24</p> <p><i>Identify three things you are looking forward to this year and begin planning.</i></p>	<p>25</p> <p><i>Be present with others- put distractions away.</i></p>	<p>26</p> <p><i>Laughter is the best medicine. Watch your favorite comedy.</i></p>	<p>27</p> <p><i>Try out meditation when you wake up or before you go to bed.</i></p>	<p>28</p> <p><i>Ask someone you care about how their day was.</i></p>	<p>29</p> <p><i>Listen to a podcast that inspires you.</i></p> 
<p>30</p> <p><i>Be honest with yourself about what you need this week.</i></p>	<p>31</p> <p><i>Celebrate how much you have grown this month.</i></p>	<p><b><i>"Love yourself enough to set boundaries. Your time and energy are precious. You get to choose how you use it. You teach people how to treat you by deciding what you will and won't accept."—</i></b> <b><i>Anna Taylor</i></b></p>				

This information is provided to you by:



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