

# 25 Days of Self Care

## Self Care Calendar

<b>1</b> Write a List of What You're Grateful For	<b>2</b> Meditate and Clear Your Mind	<b>3</b> Take a Walk Outside	<b>4</b> Self Reflection With Journaling	<b>5</b> Declutter Your Space	<b>6</b> Revamp Your Skincare Routine	<b>7</b> Stretch or Practice Yoga
<b>8</b> Bake	<b>9</b> Get Moving	<b>10</b> Take a Detox Bath	<b>11</b> Do Something Nice For Someone Else	<b>12</b> Get Your Rest	<b>13</b> Try Something New	<b>14</b> Color or Doodle
<b>15</b> Cozy Pjs and Movie Night	<b>16</b> Invent a New Tradition	<b>17</b> Get a Massage	<b>18</b> Craft it Up	<b>19</b> Breathe the Right Scents	<b>20</b> Write a Love Letter To Yourself	<b>21</b> Treat Yourself
<b>22</b> Put Your Phone Down	<b>23</b> Laughing Session	<b>24</b> Quality Time With Loved Ones	<b>25</b> Be Present	<b>Notes:</b> _____ _____ _____		