



February, 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Buy yourself a flower or two	2 Leave your devices off for at least 2 hours	3 Go outdoors and breathe deeply for five minutes.	4 Go for a walk—be active for at least 10 minutes
5 Practice the mantra, “I believe in myself!” at least 25 times.	6 Watch your favorite movie	7 Stop and listen to your favorite song	8 Pack your favorite lunch	9 Practice compassion—cut yourself some slack	10 Plan a virtual Valentine’s Day hangout with friends	11 Think about everything you love in your life
12 Write yourself a Valentine	13 Talk to someone you normally just say “Hi” to	14 Take a power nap	15 Think about what you have in common with Lincoln	16 When you eat your lunch, connect to where the food came from	17 Tell a team member how much you appreciate them	18 Go outside, sit down, close your eyes and listen to the world
19 Do the task you’ve been putting off—the CELEBRATE!	20 Enjoy your favorite snack	21 Wake up early and fix yourself a good breakfast.	22 Perform a Random Act of Kindness	23 Write a kind note to a co-worker	24 Give a co-worker a high five, knuckle bump or virtual hug today	25 Do a 2-minute spontaneous dance, right now!2
26 Do something unexpected—this can be an extraordinary day	27 Write down three things you are grateful for.	28 Compliment someone today				

Self Care Calendar

