



January, 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Make a list of two people to call that you haven't talked to for a while, then call them	2 Stop what you're doing and just breathe and reflect for a minute	3 Go for a long walk around your neighborhood, talk to those who are out.	4 Do a chore that's been on yo30	5 Pay attention to your creative side	6 Make a playlist of songs you want to listen to
7 Take long walk and enjoy the silence—get in touch with your thoughts	8 Surprise someone with a treat	9 Figure out how to show respect today to someone you meet	10 Send a handwritten postcard to someone special	11 Treat yourself to a bubble bath or a massage	12 Babysit, dog sit, or cat sit for free—focus your energy on them	13 Light a candle and just sit down and relax
14 Create something with things you can find around the house	15 Do a random act of kindness for a stranger	16 Spend time talking to a person who is alone in the crowd	17 Spend time in nature, go for a long walk	18 Send coloring books or balloons to a children's hospital	19 Hand out a special treat with a smile	20 Write a note of appreciation to one of your co-workers or a neighbor
21 Make a list of 5 things you want to accomplish this year	22 Create "coupons" of services for people you love.	23 Take photos of your friends and families—make a scrap book page	24 Help someone carry their groceries or packages	25 Take your change to a Coin Star Machine and donate to the homeless	26 Make a "gratitude jar" and add to it every day	27 Leave a baggie full of quarters at a laundromat
28 Pay attention to your inner dialogue	29 Give a loved one an experience instead of a gift	30 Schedule something to celebrate the new year	31 Leave a dollar at the Dollar Store with a note: "Enjoy yourself!"			

Self Care Calendar

