

Self-Care calendar

1 Manifest your day with 1 line	2	3 30 min Yoga	4	5 Bake or Cook something	6	7 Family dinner
8	9 Visualise your day with a 5 min sketch	10	11 Meditate	12	13 Make a list of what you are thankful for	14
15 Make a new friend	16	17 Tell a friend that you miss them	18	19 Make a nice cup of tea	20	21 Go for a long walk with a dear friend
22	23 Take a warm bath	24	25 Clean or Organise a part of your home	26	27 Visit Family	28
29 Take a nap	30	31 Read				