

31 Days of Mindfulness and Self-Care



1 Decorate this Self-Care Calendar	2 Commit to yourself. You're worth it.	3 Watch your favorite movie	4 Declutter one area (email, Closet, Kitchen Drawer)	5 SMILE	6 Savor one bite slowly. Notice the flavor.	7 Go on a color walk. Pick a color and look for it the entire walk.
8 Read for 20 minutes (Comic books count!)	9 Call a friend!	10 Look in the mirror for 2 minutes & say I love you over and over	11 Eat more fruits and vegetables than usual	12 Notice 3 beautiful things around you.	13 Make a list of positive things in your life	14 Watch a sunrise or sunset
15 Inhale deeply for a count of 4, hold for 4, exhale for 6	16 Send a card to someone	17 Go outside for fresh air and sunlight	18 Breathe in a calming scent like coffee or flowers	19 Drink 6-8 Glasses of water	20 Hold something comforting like a soft blanket	21 Dance to your favorite Song
22 Engage in a random act of kindness, like a kind word to a stranger	23 Take a bath or an extra-long shower	24 Listen to one song with full attention	25 Light a candle	26 Clean out your purse or wallet	27 Unplug for 10 minutes and just be	28 Put on your favorite outfit
29 Do something you've been putting off	30 Do five minutes of stretching	31 Celebrate yourself!!!				

