

# 31 Days of Mindfulness and Self-Care



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

