



December 2023

SELF CARE CALENDAR



SUNDAY

MONDAY

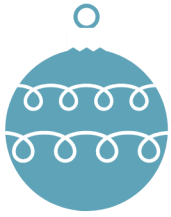
TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



1 LIVE IN THE MOMENT... DO SOMETHING YOU WOULDN'T NORMALLY DO FOR YOU

2 EAT YOUR FAVORITE HEALTHY MEAL AND ACTUALLY TASTE THE GOODNESS!

3 GIVE YOURSELF A GOOD NIGHTS SLEEP

4 PRACTICE GRATITUDE: LEAN INTO WHAT YOU ARE GRATEFUL FOR IN THIS PRESENT MOMENT

5 CLOSE YOUR EYES AND TAKE A DEEP BREATH

6 START A MEDITATION PRACTICE... JUST 2 MIN/DAY

7 SET AN INTENTION TO HAVE A GREAT DAY... SEE WHAT HAPPENS

8 PAY ATTENTION TO HOW YOU FEEL IN VARIOUS SITUATIONS

9 REFLECT ON YOUR WEEK. BY WRITING THOUGHTS IN A JOURNAL

10 GIVE A LOVED ONE YOUR UNDIVIDED ATTENTION

11 TAKE A FEW MOMENTS TO SIT IN QUIET

12 TAKE A WALK OUTSIDE, NOTICE ALL THE SIGHTS, SOUNDS AND SMELLS

13 PAY ATTENTION TO DETAIL TODAY

14 SIT AND ENJOY YOUR COFFEE/TEA

15 PRACTICE BODY AWARENESS SIT COMFORTABLY AND NOTICE ANY SENSATIONS IN YOUR BODY

16 TAKE A WALK OUTDOORS

17 SIT AND ENJOY YOUR COFFEE/TEA

18 FOCUS ON ONE TASK AT A TIME

19 LEARN SOMETHING FROM ONE OF YOUR EXPERIENCES TODAY

20 BRING TO MIND THE THINGS THAT BRING YOU JOY

21 CHALLENGE ONE OF YOUR HABITS

22 CONNECT WITH SOMEONE YOU HAVEN'T IN A WHILE, ENJOY YOUR TIME

23 CREATE A GRATITUDE COLLAGE WITH SAYINGS AND IMAGES YOU ARE THANKFUL FOR

24 TAKE A BREAK
Happy New Year

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26 ENJOY SOMETHING YOU HAVEN'T IN A WHILE

27 START A NEW DAILY RITUAL, PAY ATTENTION TO HOW IT CHANGES YOUR THOUGHTS ABOUT YOUR DAY

28 NOTICE THE BEAUTY IN NATURE

29 DISCONNECT FROM ALL TECH

30 LEAN INTO JOY! WHAT BRINGS A SMILE TO YOUR FACE?



Simple Yoga for Beginners

