

SELF-CARE CALENDAR for the mind & soul

<input type="checkbox"/> 1 Write a list of priorities	<input type="checkbox"/> 2 Watch a TED talk	<input type="checkbox"/> 3 Clean up your social media feeds	<input type="checkbox"/> 4 Do a 10 min. breathing exercise	<input type="checkbox"/> 5 Make a playlist based on your mood
<input type="checkbox"/> 6 Set aside time for creativity	<input type="checkbox"/> 7 Get rid of a thing you don't use	<input type="checkbox"/> 8 Turn off your phone immediately after work	<input type="checkbox"/> 9 Take photos of things that inspire you	<input type="checkbox"/> 10 Write down 3 things you are grateful for
<input type="checkbox"/> 11 Brainstorm new things to try	<input type="checkbox"/> 12 Clean out a junk drawer	<input type="checkbox"/> 13 Clean out your e-mail inbox	<input type="checkbox"/> 14 Give yourself a compliment	<input type="checkbox"/> 15 Make a moodboard to visualize your goals
<input type="checkbox"/> 16 Buy yourself your favorite flowers	<input type="checkbox"/> 17 Define what gives you stress	<input type="checkbox"/> 18 Sing your heart out	<input type="checkbox"/> 19 Watch your favorite movie	<input type="checkbox"/> 20 Refresh your computer's wallpaper
<input type="checkbox"/> 21 Go through your photos from last year	<input type="checkbox"/> 22 Read a personal-growth book	<input type="checkbox"/> 23 Listen to a podcast	<input type="checkbox"/> 24 Put on your pajama early today	<input type="checkbox"/> 25 Set a reminder every few hours to check in on yourself
<input type="checkbox"/> 26 Write down 5 things to be happy about right now	<input type="checkbox"/> 27 Tell someone something that is bother you	<input type="checkbox"/> 28 Go for a walk and eat your lunch on a bench	<input type="checkbox"/> 29 Celebrate a small achievement	<input type="checkbox"/> 30 Declutter your work space or computer desk