

# February Self Care Calendar

*I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.*

*~Maya Angelou~*



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Write down three things that make you happy.	2 Take five deep breaths and set an intention for today.	3 Do more of what you need today.	4 Give someone a compliment today.	5 Do an act of kindness.
6 Take a selfie and send it to someone special.	7 Start a healthy habit.	8 Take a walk.	9 Take a break away from your phone for one hour.	10 Write an encouraging note to someone.	11 Listen to a new podcast.	12 Have a five-minute dance party.
13 Do something that you have been putting off.	14 Do something you love.	15 Give a compliment to someone.	16 Compliment yourself today.	17 Create a gratitude list.	18 Research five inspiring quotes.	19 Have dinner with friends.
20 Play a board game with friends and family.	21 Buy something you love.	22 Reflect on one of your favorite memories.	23 Drink a hot cup of tea or coffee.	24 Sing your favorite song as loud as you'd like!	25 Visit the bookstore, buy your favorite book, and read it.	26 Sleep in!
27 Try a new dessert.	28 Share your favorite quote with friends.					