

January

Self-Care Ideas

S	M	T	W	T	F	S
28  Ordinary & Happy	29	30	31	1 Journal about your wins last year and goals for the upcoming year.	2 Have a cozy movie night at home.	3 Go for a scenic walk.
4 Frame an inspirational quote to display.	5 Light a scented candle in the evening.	6 Put on your favorite playlist and relax in the evening.	7 Try a 10-minute stretching routine.	8 Make yourself your favorite smoothie.	9 Have a spa night at home.	10 Sleep in and have a cozy brunch at home.
11 Get a mani-pedi at a salon or DIY at home.	12 Track your sleep for 7 days.	13 Try a moisturizing face mask.	14 Have lunch with your favorite coworkers or friends.	15 Catch up on your favorite show in the evening.	16 Have a fun evening out in the city.	17 Take time for your favorite hobby.
18 Visit the local farmers' market.	19 Say one kind thing to yourself in the mirror.	20 Make your favorite weeknight meal.	21 Have a bubble bath.	22 Get yourself a bouquet of your favorite flowers.	23 Watch the sunset and reflect.	24 Do something you love today.
25 Have a cozy afternoon at a coffee shop.	26 Have a cup of tea, hot cocoa, or another hot drink you prefer.	27 Try some deep-breathing exercises.	28 Dance to your favorite songs.	29 Have a no-screen evening.	30 Catch up with a friend in person or online.	31 Write down five things you're grateful for this month.