

# One Month of **Self-Care Ideas** for February

Ordinary & Happy

S	M	T	W	T	F	S
1 Make yourself your favorite snack or dessert.	2 Light a scented candle (pick your favorite scent).	3 Enjoy a bubble bath.	4 Go for a walk and look for three things you like around you.	5 Get yourself a new notebook or stationery you like.	6 Try a new lip balm.	7 Watch a movie you love.
8 List ten things you're grateful for.	9 Wear a comfy outfit.	10 Put on your favorite playlist.	11 Write a sweet note to yourself.	12 Try a new hand cream.	13 Write a list of things you love about yourself.	14 Wear your favorite outfit.
15 Make your favorite brunch dish.	16 Reflect for 15 minutes while watching the sunset.	17 Watch an inspirational talk/speech.	18 Make yourself a cup of your favorite tea.	19 Try a 15-min stretching routine.	20 Write a list of five things you're proud to have achieved.	21 Sit in silence for 10 minutes and reflect.
22 Catch up on your favorite TV shows.	23 Do a 15-min tidy of your favorite space in the house.	24 Have a no-phone evening.	25 Do a face mask or try a new skincare routine.	26 Journal about your feelings.	27 Make a mini goals list for next month.	28 Write a spring bucket list.