

# 7 Days of Self-Care

## for February 22nd-28th

Ordinary & Happy

<b>SUN</b>	<b>7</b>	<b>Catch up on your favorite TV shows.</b> You could set up your living room or bedroom like a cozy movie theater. Get some snacks, a blanket, and some cozy socks and relax while watching your favorite TV shows.	<input type="checkbox"/>
<b>MON</b>	<b>8</b>	<b>Do a 15-min tidy of your favorite space in the house.</b> Put on some of your go-to cleaning songs and make your favorite space in the house tidy and cozy.	<input type="checkbox"/>
<b>TUE</b>	<b>9</b>	<b>Have a no-phone evening.</b> Some no-screen activities you could try include reading a book, cooking a special dinner, watching the sunset, going for a scenic walk, journaling in a notebook, or doing a quick workout.	<input type="checkbox"/>
<b>WED</b>	<b>10</b>	<b>Do a face mask or try a new skincare routine.</b> Try a 15-minute face mask while watching TV or listening to some music. You could also try a new product to add to your skincare routine.	<input type="checkbox"/>
<b>THU</b>	<b>11</b>	<b>Journal about your feelings.</b> Set a timer and write what's on your mind without thinking about it too much. You can write about how you felt during the day, how you generally feel, hopes for the future, and more.	<input type="checkbox"/>
<b>FRI</b>	<b>12</b>	<b>Make a mini goals list for next month.</b> Try to pick a mini goal for each aspect of life (e.g., fun, work, personal, life admin). Limit the total list to under 10 goals to make it more achievable. Include at least one mini goal that's easy to achieve so you can gain momentum by focusing on that first.	<input type="checkbox"/>
<b>SAT</b>	<b>13</b>	<b>Write a spring bucket list.</b> You could include some fun bucket list ideas like having a picnic, visiting the local botanical garden, taking photos in a field of seasonal flowers, trying a new recipe, or going on a day trip.	<input type="checkbox"/>