

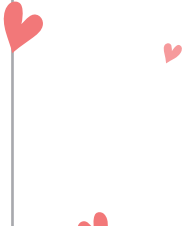
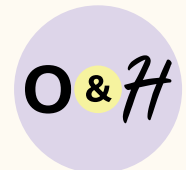


Self-Care Ideas

for March

S	M	T	W	T	F	S
1 Watch the first sunset of the month.	2 Make a vision board for spring.	3 Get fresh air for at least 15 minutes.	4 Get yourself a small seasonal gift.	5 Light a spring-scented candle.	6 Have an evening of listening to your favorite music.	7 Try an outdoor hobby or activity.
8 Watch your favorite movie.	9 Relax and reflect for 15 minutes in the evening.	10 Try a lavender latte or another seasonal beverage.	11 Find a new inspirational quote.	12 Have a cup of tea while relaxing.	13 Have a bubble bath with spring scents (e.g., peony, lily, lemon).	14 Try a new hairstyle or a fun accessory.
15 Pick up a couple treats from the farmers' market.	16 Watch a funny video to make you laugh.	17 Enjoy a longer lunch break.	18 Go for a scenic sunset walk.	19 Have a no-screen evening.	20 Stand in the sunlight for a few minutes.	21 Wear only comfy clothes all day.
22 Read a book you love.	23 Write down three things you're excited for this week.	24 Get yourself a single flower (but pick one you love).	25 Catch up on your favorite TV shows.	26 Try a new face mask or other skincare product.	27 Have a movie night at home or at the movie theater.	28 Take a quick nap.
29 Take some fun photos to look back on and smile.	30 Visualize your happy place.	31 Reflect on the month and things you loved about it.	1 	2 	3 	4  Ordinary & Happy