


Daily Self-Care *for* May (Less Than 5 Minutes)

	S	M	T	W	T	F	S
L A S T D A Y	31 Write down three good things that happened this month.	27  Ordinary & Happy	28	29	30	1 Write down three things you love about yourself.	2 Add a new image to your vision board.
	3 Go outside to watch the sunset for a few minutes.	4 Read and reflect on a motivational quote.	5 Dance to your favorite song.	6 Write down three things you're grateful for.	7 Step outside for fresh air and breathe in deeply for 5 minutes.	8 Stretch for 5 minutes.	9 Light a scented candle in the evening.
	10 Make yourself a green smoothie (or something else you prefer).	11 Take a selfie of yourself smiling.	12 Journal for 5 minutes using prompts.	13 Apply some hand cream.	14 Send a quick text to a friend to reconnect.	15 Order a gift for yourself online.	16 Make yourself a tea in the afternoon.
	17 Doodle for a few minutes to relax.	18 Set your laptop or phone background to a photo of a happy memory.	19 Watch a funny video to make you laugh.	20 Organize your purse or wallet.	21 Close your eyes and rest for 5 minutes.	22 Stargaze for a few minutes.	23 Give your loved ones hugs.
	24 Tidy one small area (e.g., drawer, nightstand).	25 Develop a 5-minute skincare routine.	26 Think of a happy memory for a few minutes.	27 Play a feel-good song.	28 Have a shower & use products with relaxing scents like eucalyptus or lavender.	29 Have your morning coffee or tea while listening to an inspirational song.	30 Write down your worries on paper and shred it/toss it.