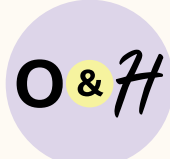


15-Minute Self-Care

Ideas for June

S	M	T	W	T	F	S
30 ♥	1 Relax while listening to your favorite playlist.	2 Write in a gratitude journal.	3 Go for a quick walk outside.	4 Do a 15-minute workout at home.	5 Try a sheet mask.	6 Stargaze from your backyard or window.
7 Reflect on a favorite memory.	8 Take a quick nap.	9 Do some online window shopping.	10 Create or update your vision/dream board.	11 Dance at home to your favorite songs.	12 Watch some funny videos for a laugh.	13 Enjoy watching the sunset.
14 Try 15 minutes of pilates or stretching.	15 Doodle or sketch anything for 15 minutes.	16 Sit outside in the sun for 15 minutes.	17 Try doing a crossword or brain teasers.	18 Print and frame your favorite quote.	19 Reflect on your goals for the rest of the year.	20 Go on a photo walk.
21 Close your eyes and imagine your dream house.	22 Put together a spa basket to use whenever you want.	23 Do nothing for 15 minutes today.	24 Try a body scrub at home today.	25 Pick 10 recent photos you love and send them to print.	26 Tidy your purse or wallet.	27 Do a simple chore you actually want to do.
28 Do some deep-breathing exercises.	29 Have a 15-minute picnic in the backyard, on the balcony, or indoors.	30 Read your favorite book for 15 minutes.	1 ♥	2 ♥ ♥ ♥ ♥	3 ♥	4  Ordinary & Happy