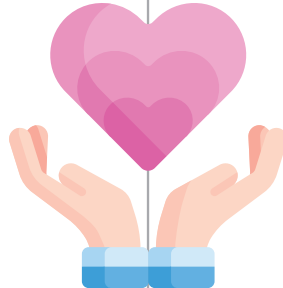


Self-Care

for August

	S	M	T	W	T	F	S
2 LAST DAYS	30 Take 30+ minutes to enjoy your favorite hobby/ activity.	31 Take a bubble bath.	28  Ordinary & Happy	29 	30	31 	1 Get yourself a small gift.
	2 Go for a scenic sunset walk.	3 Plan a vacation or a fun event.	4 Light a scented candle and relax.	5 Play your favorite feel-good songs.	6 Call a friend to catch up.	7 Have dinner at (or get takeout from) your favorite restaurant.	8 Have a fun game night with friends or family.
	9 Look through photos that will bring back happy memories.	10 Catch up on your favorite TV show.	11 Start a book you've been meaning to read.	12 Reflect on your wins from this year.	13 List the things you love about yourself.	14 Watch an inspiring feel-good movie.	15 Reconnect with a hobby or passion.
	16 Get a manicure.	17 Take a fun class/ workshop after work.	18 Create a fun bucket list for yourself.	19 Watch a comedy special or a funny video.	20 Try watercolor painting or a craft project.	21 Make a list of the things you're really good at.	22 Volunteer for your favorite organization.
	23 Try a fun outdoor sport like tennis or volleyball.	24 Try a stretching routine before bed.	25 Talk positively to yourself in the mirror for 5 min.	26 Get some outdoor time and some sunshine.	27 Have a no-screen evening.	28 Frame a photo that makes you happy.	29 Enjoy some time in nature (botanical garden, park, backyard).