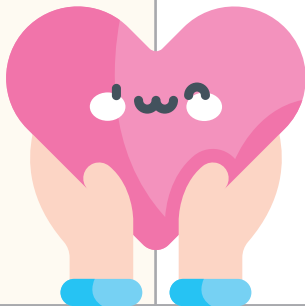
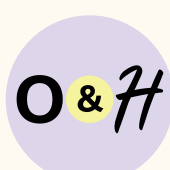


September Self-Care Month

S	M	T	W	T	F	S
30 	31	1 Go for a morning or evening walk.	2 Get yourself a cozy blanket for the fall and winter season.	3 Get a fall-scented soap (cinnamon, apple, pumpkin).	4 Listen to your favorite seasonal playlist.	5 Declutter one small area in your home.
6 Take some time for your favorite hobby or activity.	7 Watch the sunset with a cup of tea.	8 Have a no-screen hour in the evening.	9 Get yourself some cozy socks for fall and winter.	10 Enjoy a relaxing bath with Epsom salts.	11 Make a fall bucket list.	12 Make a gratitude list.
13 Plan a fun activity for the upcoming week.	14 Enjoy 15 minutes of stretching following a tutorial.	15 Listen to a rain sounds playlist while relaxing.	16 Meet up with a friend for coffee or lunch.	17 Catch up on your favorite TV show.	18 Have a bath with seasonal bubble bath (apple, cinnamon, pear).	19 Meet up with your favorite people today.
20 Do at least one thing that makes you happy today.	21 Start reading a book you've been meaning to read for a while.	22 Make a list of your big and small accomplishments so far this year.	23 Get yourself a new cozy sweater for fall and winter.	24 Go for a scenic walk and enjoy the fall foliage.	25 Re-watch your favorite movie.	26 Visit a museum, art gallery, or another place you love.
27 Go on a date (or, if single, a friend date with your best friend).	28 Declutter and organize your workspace.	29 Have a 15-min journaling session.	30 Make a list of things you're looking forward to for the rest of the year.	1 	2 	3  Ordinary & Happy