

2nd of September

Self-Care Planner

..... Ordinary & Happy

Inspiring Message

Give yourself a little time just for you.

If you can find time in the day, that's great. If not, wait until late at night. Even 5-10 minutes can make a difference. Identify some simple activities you could do. If you don't have a lot of time, just sit by yourself, or lie on a yoga mat.

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5-Minute Idea

Visualize something positive at the end of September.

Close your eyes, and imagine a version of yourself at the end of the month. If you have a goal, or something you want to achieve, visualize you having completed it. If not, visualize yourself in your favorite place or with your favorite people.

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Self-Care Journaling

Things you're grateful for from this summer.

Start by writing about trips, gatherings, or events from the summer. If summer was busy, write about the simple, everyday things, like flowers in the backyard, or a particular warm evening you remember.

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Self-Care Idea

Get yourself a cozy blanket for the fall and winter season.

Use this to set a positive intention for fall and the rest of the year. Get one from the supermarket, or on the way home from work. Even if it's warm, you don't have to use it right away.

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Cozy Home Idea

Add fairy lights to your backyard, balcony, or a cozy spot in the house.

Keep things simple by getting battery-operated string fairy lights. You can place them along a fence, your balcony, around the TV entertainment center, or a door frame. Put them on at night to create a cozy ambiance.

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Time in Nature

Stargaze in the evening.

You don't have to necessarily go outside. If it's been a busy day, look at the night sky from your window. Look for constellations, or simply be present with the night sky. Reflect on your place in this big, wonderful world.

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Act of Kindness

Compliment someone for the work they've done this week.

It can be a simple 'great job today' for a coworker or family member. Use these words to spread a little positivity. Hopefully, it'll inspire others to do the same.

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