

3rd of September

# Self-Care Planner

..... Ordinary & Happy .....

## Inspiring Message

**This is your journey, so embrace all of it.**

Life will always have its triumphs and its challenges, and a day can swing between the both, multiple times. Your journey will look completely different to everyone else's, so don't compare it to others'.

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## 5-Minute Idea

**Take a selfie of yourself smiling.**

Find a moment in your day to step away and take a quick photo of yourself. Smile at the camera, and look at the photo for a moment. See the difference even smiling for a few seconds can make.

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## Self-Care Journaling

**What excites you about September and the fall season.**

If you don't like going to big events or get-togethers, write about what you'll love about staying home during fall. Describe watching sunsets through the window or cozy nights in wrapped in a blanket.

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## Self-Care Idea

**Get a fall-scented soap for the bathroom.**

Fall scents are a great way to create a cozy ambiance at home, ready for when fall fully arrives. You can get the soap now and start using it later in the month if the weather is still really warm.

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## Cozy Home Idea

**Consider cinnamon, apple, or pumpkin for your fall-scented soap.**

These are classic scents associated with fall, and very pleasant, too. If you don't want to use it in the shower, you could place the soap in a guest's bathroom or toilet instead.

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## Time in Nature

**Find a spot outdoors where you can journal.**

If you work close to a park or outdoor area, your lunch break could be an opportunity for some journaling. If not practical, consider outdoor spots at home, like your backyard, balcony, or patio.

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## Act of Kindness

**Send an encouraging message to a friend or family member.**

It can be hard to find the words in these moments, so keep the message simple. Just say 'I hope you have a great day today' in the morning, for example. It's simple, but those words could mean so much to them.

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