

4th of September *Self-Care Planner*

..... Ordinary & Happy

Inspiring Message

Do something fun today.

Everyone has their own definition of 'fun', so start by writing down the things you enjoy doing. Forget about what is typically perceived as 'fun', and write from your point of view. See if you can find a little time in your day for the idea or activity.

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5-Minute Idea

Look at art that inspires you.

You can start in your own home, looking at your favorite art, paintings, or even landscape photographs. If you don't have art in your home, look online for a few minutes. Look at art with bright, warm colors, or positive imagery.

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Self-Care Journaling

Whether you've been kind to yourself lately and why/why not.

Create three columns labeled 'moment or activity', 'kind Yes/No', and 'why', and use that as your starting point. Write down activities you've done, or things that have happened in the past week, then write 'Yes' or 'No' in the kindness column, and a little about why.

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Self-Care Idea

Listen to your favorite seasonal playlist.

You can find lots of fall-themed or September playlists online. Play some songs to get inspired, or look forward to the new season. You could also play some of your favorite songs from a nostalgia-based playlist.

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Cozy Home Idea

Stock up on hot tea, hot cocoa, and other fall drinks you like.

You could also get a small box to keep the sachets or containers in, and this can be your fall drinks box. Even if you don't use it just yet, it'll be ready for you when the weather starts to get a little cooler.

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Time in Nature

Try geocaching.

It's never been easier to get started with geocaching. There's a high chance you can use your smartphone as the GPS-enabled device. Take some time today to read up about it, search your local area, and see if you can find a nearby geocache.

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Act of Kindness

Thank a teacher online or in-person.

You could email a teacher who is actively teaching, or send a message to a teacher you're connected with online. You could also share an encouraging message on one of your feeds, thanking teachers for all the hard work they do.

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