## February: A Month of Self-Care

Sunday	Monday	Tuesday	Wednesday	Thursday	Triday	Saturday
				Set 3 goals for the month	2 Write down 3 things you love about yourself	Move your body in a way that feels good
Make a list of things you're grateful for	5 Meditate	6 Send a love note to a friend	7 Choose a limiting belief to give up	8 Write a list of "Hell no!"s to help set boundaries	9 Declutter, clean, organize your workspace	Spend time with someone who makes you feel good
Create a positive affirmation	Make a list of everything that brings you joy	Do a random act of kindness	Compliment yourself every time you see your reflection	Stretch for at least 10 minutes	Read 16 something inspiring for 10 minutes	Treat Yourself! You know what you like
18 Set 3 intentions for the week ahead	Do something you've been putting off	20 Write a list of your accomplishments	Listen to a song you love	Tell someone you admire them and why	23 Drink lemon water in the morning	24 Wear something that makes you feel good
25 Set a health goal for today and the week	26 Thank the universe for 3 things before bed	27 Unplug before bed	28 Celebrate your wins!			
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