



January, 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Make a playlist of songs you want to listen to	2 Take a long walk and enjoy the silence—get in touch with your thoughts	3 Surprise someone with a treat	4 Figure out how to show respect today to someone you meet	5 Send a handwritten postcard to someone special	6 Treat yourself to a bubble bath or a massage	7 Babysit, dog sit, or cat sit for free—focus your energy on them
8 Light a candle and just sit down and relax	9 Create something with things you can find around the house	10 Do a random act of kindness for a stranger	11 Spend time talking to a person who is alone in the crowd	12 Spend time in nature, go for a long walk	13 Send coloring books or balloons to a children’s hospital	14 Hand out a special treat with a smile
15 Write a note of appreciation to one of your co-workers or a neighbor	16 Make a list of 5 things you want to accomplish this year	17 Create “coupons” of services for people you love.	18 Take photos of your friends and families—make a scrap book page	19 Help someone carry their groceries or packages	20 Take your change to a Coin Star Machine and donate to the homeless	21 Make a “gratitude jar” and add to it every day
22 Leave a baggie full of quarters at a laundromat	23 Pay attention to your inner dialogue	24 Give a loved one an experience instead of a gift	25 Schedule something to celebrate the new year	26 Leave a dollar at the Dollar Store with a note: “Enjoy yourself!”	27 Make a list of two people to call that you haven’t talked to for a while, then call them	28 Stop what you’re doing and just breathe and reflect for a minute
29 Go for a long walk and talk to those who are in your neighborhood	30 Do a chore that’s been on your list	31 Intentionally smile at everyone you meet-see how it makes you feel.				

Self Care Calendar

