SELF CARE *Journal*

Goals

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Daily Affirmations

Body Goals

Notes

A NOTE TO *My future self*

Date _____

Dear me,

Love,

30 SELF CARE *Ideas*

☐ **01** Cook your favorite meal	☐ **02** Get some sunlight	☐ **03** Watch the sunrise	☐ **04** Practice yoga	☐ **05** Read a book
☐ **06** Write out your goals	☐ **07** Go on a solo date	☐ **08** Drink more water	☐ **09** Take a nice bubble bath	☐ **10** Eat Healthy
☐ **11** Practice gratitude	☐ **12** Call a friend you love to talk with	☐ **13** Stretch all your muscles	☐ **14** Indulge in your favorite treat	☐ **15** Give yourself a pedicure
☐ **16** Give yourself a manicure	☐ **17** Write down your dreams	☐ **18** Go for a walk in nature	☐ **19** Give yourself a facial	☐ **20** Take a nap
☐ **21** Watch your favorite movie	☐ **22** Start a new hobby	☐ **23** Drink plenty of water	☐ **24** Start a journal	☐ **25** Watch the sunset
☐ **26** Go to bed earlier	☐ **27** Listen to a favorite song	☐ **28** Try a DIY Project	☐ **29** Meditate	☐ **30** Learn a new skill

Notes

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2023 Calendar

January

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
14	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

February

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

March

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

April

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

May

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

June

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

July

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

August

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

September

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

October

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
14	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

November

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

December

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						