



be kind to
YOURSELF



Self-Love & Self-Care Calendar

A brand new year and a brand new you. YOU are fabulously creative and amazingly talented. You have the power to be all that you want to be and to live your dreams.

But sometimes it's so hard to believe this, isn't it?

This *'Self-Love & Self-Care Calendar'* has been designed to uplift and hearten your every day of the year. It solely focuses on loving and caring for yourself, a gentle reminder to make yourself a priority in your own life.

Make every day count and turn your already fabulous life into even more fantabulous life!

Let this year be the year that you fill your life with inspiration and let the powerful energy of positivity sweep into your life. You only have to believe in yourself!

"It's not selfish to love yourself, take care of yourself and to make your happiness a priority. It's necessary."

– Mandy Hale

NOTHING
... MAKES ...
A WOMAN
MORE BEAUTIFUL
... THAN ...
THE BELIEF
THAT SHE IS
BEAUTIFUL
...
SOPHIA LOREN

JANUARY

1 Think about who you want to be this coming year	2 Create a realistic list of things you want to do for yourself	3 Write positive affirmations on post-it notes and stick them around your home	4 Create a sanctuary in your home	5 Create an Inspiration Board	6 Watch your favourite movie	7 Create a list of books you want to read
8 What 5 values do you want to explore this year?	9 De-clutter your nightstand drawer	10 Go for a walk	11 Dance to your favourite tune	12 Light your favourite scented candle	13 Wear your favourite lipstick	14 Organize your Wardrobe
15 Treat your feet to a footbath	16 Bake your favourite cake	17 Toss expired skin care and make-up	18 Meditate	19 De-clutter your handbag(s)	20 De-clutter your bathroom	21 Organise your jewellery
22 Take a nap	23 Enroll on to a online course	24 Go for a quick run	25 Do some yoga	26 Give your hands and nails manicure treatment	27 Give your feet a pedicure treatment	28 Catch-up with a friend
29 Spend some time in nature	30 Create / update your music playlist	31 Reflect on month gone and plan for the upcoming month	<p><i>"YOU are the author of the story of your life. You don't have to wait on a Happy Ending... You can write it yourself!"</i></p>			

FEBRUARY

<p><i>"When you've outgrown your Past & not yet grown into your Future, guess what fits just right? The Present."</i></p>		1 Look at yourself in the mirror and say 'I LOVE YOU'	2 Treat yourself to a bouquet of flowers	3 Treat yourself to your favourite chocolate	4 Have lunch with a friend
5 Spend 5 minutes at least in silence	6 Read your favourite magazine	7 Do one thing that makes you happy	8 Create a mantra for yourself	9 Change your negative thoughts with positive	10 Send email / postcard to family and friends
11 De-clutter one bedroom shelf	12 Connect with someone you love	13 Bake a cake for Valentine's Day	14 Celebrate Valentine's Day and treat yourself	15 Have a long soak in the bath	16 Take an early night
17 Listen to an Inspirational talk online	18 Get a massage	19 Call an older relative	20 Go swimming	21 Have a Tea-party	22 Go for a long walk, listen to your favourite tunes
23 Breathe yourself happy	24 Do some colouring	25 Write a list of things you are afraid to do	26 Get extra sleep today	27 Allow yourself small pleasures each day; walk, sing, glass of wine	28 Train your brain
29 Reflect on month gone and plan for the upcoming month	<p><i>"Difficult roads often lead to beautiful destinations"</i></p>				

MARCH

<p><i>"Don't feel bad if people remember you only when they need you. Feel privileged that you are like a candle that comes to their mind when there is darkness."</i></p>				1 Find a place near your home you can use as a getaway	2 Do some yoga	3 Be grateful for all that you have
4 What situation are you trying to control that you can let go of?	5 De-clutter your Fridge	6 Do some pilates	7 Treat yourself to your favourite meal	8 Go for a walk and take some photos	9 Light your favourite scented candle	10 Have a glass of Wine
11 Take a walk in nature	12 Create a Funny Box; joke book, DVD, magazine, comedies	13 Watch something funny	14 Start planning your garden	15 Store out of season clothes	16 De-clutter clothes that don't fit or belong on "What Not To Wear"	17 De-clutter clothes you don't like
18 Go on a spending fast for a week	19 Have a soak with Epsom Salt	20 Have a grand breakfast	21 Do 30 minute exercise	22 Leave the TV today and do some creative	23 Spend 15 min de-cluttering your Kitchen	24 Spend 15 min de-cluttering bathroom
25 Enjoy looking at art	26 Have dinner with family / friends	27 Trust your instincts	28 Create a list of your bad habits	29 Create a list of new habits you would like to implement daily	30 Book appointment with your Optician	31 Reflect on month gone and plan for the upcoming month

APRIL

1 Plan a menu of fresh food for this week	2 De-clutter living room or family room knick knacks. Store some if you still like them.	3 Set a limit on blankets and pillows on beds and couches	4 Go through your finances; income and expenses	5 Get involved in a voluntary group	6 Help a friend or family member	7 Cook up your favourite meal
8 Take time to play with one of your hobbies or passions	9 Read a book or newspaper outdoors	10 Spend a few minutes going through the pantry area	11 Take up a dance class (or just check YouTube)	12 Listen to music and relax	13 De-clutter cookbooks, copying any recipes you still want to keep	14 Be good to your feet
15 Do some deep breathing	16 Take a moment to watch the sunset	17 Treat yourself to a bouquet of flowers	18 Frame in your favourite quote	19 Toss old lotions and beauty supplies	20 Work on your breathing	21 Watch your favorite comedy
22 Where can you be more authentic?	23 Make a nourishing fruit salad	24 Prioritise enjoying your time	25 Be a reminder of positive things	26 Send your family and friends a text	27 Bake a cake	28 Try new foods
29 Plan a family or friend game night	30 Reflect on month gone and plan for the upcoming month	<p><i>'Life is what happens when you are busy making plans. Live and enjoy every moment, life is NOW, TODAY and not tomorrow, next year, the future. We tend to think and work towards a better future neglecting our time now - but forget that that's all we have - THIS MOMENT. Life is a beautiful journey; you are where you are meant to be. Treasure it.'</i></p>				

MAY

<p><i>"Make your faith larger than your fear and day by day your dreams will begin to appear!"</i></p>						
		1 Take on a new challenge	2 Renew your spiritual self	3 Use your break time to feel good	4 Give away movies you no longer watch	5 Sell your old CDs at a local CD re-seller
6 Make a decision you have been putting off	7 Go for a morning run	8 Make soup	9 Take up a hobby	10 Recognise and deal with angry feelings	11 Make time for you	12 Spend some quiet time
13 How can you show love to someone today?	14 Set up or go through to-do list	15 Get rid of stationary and cards you don't like	16 Share a joke or a funny story with a friend	17 Get some fresh air	18 Spend some alone time	19 Know your comfort zone
20 Create a gratitude list	21 Find a mentor or mentor someone else	22 Feel good without spending money	23 Take a tea break	24 Practice yoga	25 Get rid of dried up old nail polishes	26 De-clutter foot massagers, back scratchers, heating things if you don't use
27 Play in someone's garden	28 Have a massage	29 Give your weary eyes a rest	30 Take care of your teeth. Book a Dentist appointment?	31 Reflect on month gone and plan for the upcoming month	<p><i>"I deserve the best, and I accept the best now." - Louise Hay</i></p>	

JUNE

"When something or someone is no longer bringing you up, but pulling you down - it's time to let go. When something or someone is no longer adding to your life, but subtracting from it - it's time

1
How does your front entrance look?

2
Put out of season coats into storage

3
What petty issue has been dominating lately?

4
Practice deep breathing

5
Make time for personal relationships

6
Schedule time for fun

7
Talk yourself into feeling good

8
Dress up for yourself

9
Learn a new skill

10
Listen to one song without doing anything else

11
Be there for a friend

12
Go somewhere you have never been

13
Tell your family and friends 'I Love You'

14
Make a list of things that makes you happy

15
What are your real valuables?

16
What is most important to you?

17
See change as positive

18
Sit quietly and relax

19
Write a list of things you would like to accomplish

20
Update your Inspiration board

21
What is the most amazing thing you have ever done?

22
What is your best asset?

23
When do you feel confident?

24
Write a handwritten note to someone

25
When do you feel powerful?

26
What is the best thing you like about your personality?

27
What is the best thing you like about your body?

28
Have lunch with family / friends

29
Look into the mirror and say to yourself; 'I Love You'

30
Reflect on month gone and plan for the upcoming month

JULY

1 Write 3 things you value about yourself daily for the next 31 days	2 Relax with some magazines	3 Remind yourself at all times that you are an amazing and loveable person.	4 List your unfinished jobs. Bin the ones you can't do, choose the one you can and get started.	5 Treat yourself to a massage	6 Create a real weekend off	7 Remember that your mind, body and soul need to
8 Enjoy a novel	9 Dreams can come true, believe in them.	10 Expect the best, you get what you expect.	11 Forgiveness creates happiness, decide to let go.	12 Say the following mantra to yourself; ' I am perfect just the way I am'	13 Love this precious gift of your life.	14 Tell others how much they mean to you.
15 Get a pedicure or give yourself a pedicure	16 Smile whenever you remember to.	17 Believe yourself 100%.	18 Love Your Life because Life Loves You.	19 Keep Positive	20 Organize and de-clutter your jewelry box	21 Invite your girlfriends and do a fashion show
22 How can you overcome an obstacle this week?	23 Forgive yourself.	24 Perform a secret act of kindness.	25 Decide to let go of guilt and just do what you want.	26 Enjoy the chance to be yourself.	27 Prioritise yourself	28 Enjoy the chance to be yourself
29 Ask for help	30 Take time each day to stop all activity and savour the silence	31 Reflect on month gone and plan for the upcoming month	<p><i>"It's amazing how much easier life is when you count your blessings rather than looking for the problems... God knows what he's doing."</i></p>			

AUGUST

<p><i>"The more you express gratitude for the things you have, The more things you will have to express gratitude for."</i></p>						
		1 Enjoy your own company	2 Take care of yourself, you are worth it	3 Spend time with friends	4 Sit quietly and relax your body	
5 Take a tea break	6 Be an Inspiration	7 Keep learning	8 Appreciate your body and all it does for you.	9 Encourage yourself to try something new.	10 Love yourself and you will love your life.	11 What do you think you deserve? Write it down.
12 List 10 ways to solve a current problem	13 Stop procrastinating - do it now.	14 Sit down, relax and close your eyes	15 5 minute meditation	16 Congratulate yourself for being you	17 Find your inner-child	18 Say this out loud 10 times; 'I am Strong and Powerful'
19 Develop a relaxing before bed ritual	20 Make the affirmation; 'I am always doing my best'	21 What does wealth and abundance mean to you? Write it down.	22 Take time and space to be alone.	23 Spend 15 minutes practicing yoga.	24 Appreciate yourself totally – mind, body and soul.	25 Put yourself first.
26 Give yourself credit for what you accomplished last week	27 Ignore your Inner Critic.	28 What do you really love to do? Write it down.	29 Are you living your life to the fullest? What can you improve on? Write it down.	30 Appreciate the wonder and beauty that surrounds you.	31 Reflect on month gone and plan for the upcoming month	<p><i>Life Loves You</i></p>

SEPTEMBER

"If you're struggling, you deserve to make self-care a priority. Whether that means lying in bed all day, eating comfort food, putting off homework, crying, sleeping, rescheduling plans, finding an escape through a good book, watching your favorite TV show, or doing nothing at all - give yourself permission to put your healing first. Feel your feelings, breathe, and be gentle with yourself. Acknowledge that you're doing the best you can to cope and survive."

1
How is your social life?

2 Make your own soup	3 Go for a walk	4 Light your favourite scented candle	5 Go to local farmers market	6 Cook a new recipe	7 Encourage and inspire others	8 Listen to your favourite tune
9 Take a country walk or drive	10 Dance!	11 Trust your inner wisdom	12 Appreciate your positivity today.	13 Feel gratitude for all that life gives.	14 List the things that you most appreciate	15 Appreciate the shape of your hands and all they do.
16 Go horseback riding or visit and animal shelter	17 Appreciate your beautiful smile.	18 Appreciate your hair.	19 Appreciate your senses.	20 Appreciate your mind.	21 Appreciate the life that flows through you	22 Go through five file folders
23 Watch the moon tonight	24 Take 5 things off your upcoming to do list	25 Write a list of your relationship wants.	26 Say what you want rather than what you think people want you to say	27 Stay away from people who bring you down.	28 Forgive yourself for your mistakes.	29 Remember what you loved to do 10 years ago? Do it now!
30 Reflect on month gone and plan for the upcoming	<i>"If you really want things in life to happen, you have to make them happen yourself. You can't sit around and hope that somebody will help you, you have to make your own future and not think that your destiny is just going to happen!"</i>					

OCTOBER

<i>Be You!</i>	1 Decide to make one of your dreams come true.	2 Do something you have never done before.	3 Spend time with positive people.	4 Learn a new skill.	5 Allow yourself to enjoy your life.	6 Enjoy and trust your journey!
7 Enjoy a local festival	8 Make relationships with positive people.	9 What makes your heart leap and puts a spring in your step? Write it down.	10 Recognise your experiences and nurture them.	11 Speak to yourself positively	12 Set your goals	13 Pamper Yourself
14 Put a self care kit in your office – lotion, nail file, foot massager, Office yoga book	15 Breathe deeply and Relax.	16 Get in touch with your feelings.	17 Just smile ☺	18 Think of 3 of your self-limiting beliefs and write them down	19 Change self-limiting beliefs into contradictory positive statements	20 Have a bath by candlelight
21 Enjoy a glass of cider	22 Bring a plant to your workspace	23 Put fresh flowers in your bedroom	24 Change a room around	25 Light a candle when you have a meal	26 Play your favourite music when doing chores	27 List four men and women you admire
28 Turn off all technology for 24 hours	29 Create Peace of Mind.	30 Believe in yourself and always follow through your decisions.	31 Reflect on month gone and plan for the upcoming month	<p><i>"Life can be magical, depending on how much you believe it can be and have faith it will be."</i></p>		

NOVEMBER

"Ask one question to yourself wherever you go. How I am feeling right now? If you feel good then enjoy the moment. If not then do something to feel good Again. It is very important to feel good wherever you go."

1
How is your pantry looking?

2
Look into the mirror and say; 'I love and value myself.'

3
Learn to take compliments gracefully and enjoy.

4
Do everything slower today

5
Stop nagging yourself.

6
Let go of your guilt.

7
Live in Harmony.

8
Recharge your batteries.

9
Expect to bring out the best in people.

10
Create some personal boundaries for yourself

11
Savor a bit of dark chocolate or another indulgent treat

12
Respect yourself.

13
Do some colouring, get creative!

14
What is your personal mission statement?

15
Increase your personal power

16
Prioritise yourself.

17
Learn to settle for a less perfect home.

18
How can you better model for the people around you?

19
Perform an act of kindness

20
Find somewhere quiet to sit and relax.

21
What does success mean to you? Write I down.

22
Appreciate this precious moment of your life.

23
Put your health and wellbeing first.

24
Create a balanced lifestyle.

25
Give yourself a scalp massage as you shampoo

26
Wean yourself off processed and refined foods.

27
Go for a run.

28
Enjoy the beauty around you.

29
Reinvent yourself.

30
Reflect on month gone and plan for the upcoming month

Know that you are loved!

DECEMBER

<p><i>"Never alter yourself in order for someone to love or accept you!! Be you 365! Someone will love and accept you for you. Time is valuable; don't waste it pretending to be someone you're not."</i></p>						<p>1 Enjoy the taste of a peppermint candy</p>
<p>2 Have a home spa day</p>	<p>3 Go on a date with yourself</p>	<p>4 Go through Christmas decorations as you decorate</p>	<p>5 Listen to a favourite Holiday song</p>	<p>6 De-clutter some area that is bugging you for 15 minutes</p>	<p>7 Admire someone's holiday decorations</p>	<p>8 Savour the taste of a Holiday snack</p>
<p>9 Compliment someone</p>	<p>10 Clear off the dining room table</p>	<p>11 Sit still for 6 minutes</p>	<p>12 Think about favourite holiday memories</p>	<p>13 Hum or whistle a few Holiday tunes</p>	<p>14 Treat yourself to your favourite winter drink</p>	<p>15 Light a candle and observe the flame</p>
<p>16 Cuddle in a blanket</p>	<p>17 How is your clothes closet looking?</p>	<p>18 Watch one of your favourite Christmas movie</p>	<p>19 Bake Christmas cookies</p>	<p>20 Pack up any clothes you no longer want for charity</p>	<p>21 Read a favourite Christmas story</p>	<p>22 Reflect on traditions you have enjoyed or currently enjoy</p>
<p>23 Journal</p>	<p>24 Build a fire and pay attention to the warmth</p>	<p>25 ENJOY</p>	<p>26 Go for a walk</p>	<p>27 Watch your favorite movie</p>	<p>28 Spend some quiet time alone</p>	<p>29 Go through your home and observe how you feel</p>
<p>30 Reward yourself for how much you achieved this year</p>	<p>31 Reflect on month gone and plan for the upcoming month</p>	<p><i>"If you don't nurture your own soul & do things that make YOU happy, You'll have nothing left over to give anyone else."</i></p>				