



February

Self care activities

1 Meditate for 15 minutes	2 Look at the stars	3 Bake something	4 Take a nap	5 Have a dance party
6 Get your favorite food	7 Breathe the fresh air	8 Watch a favorite movie	9 Book a self care service	10 Take a bath
11 3 things you like about yourself	12 send 5 friends a positive message	13 Buy flowers	14 Snuggle with pet or person	15 Give someone a surprise
16 Have a living room picnic	17 Eat your favorite candy	18 Go on a date with self/S.O.	19 Do an activity you love	20 Stay in your pj's
21 Play a family game	22 light a candle diffuse an oil	23 Journal about your best day	24 Sing your favorite song outloud	25 Give yourself a facial
26 color or paint a picture	27 Make your favorite dinner	28 read a book		

love

Meditate for 15 minutes	Look at the stars	Bake something	Take a nap	Have a dance party
Get your favorite food	Breathe in fresh air	Watch a favorite movie	Book a self care service	Take a bath
3 things you like about yourself	Send 5 friends a positive message	Buy flowers	Snuggle with a pet or person	Give someone a surprise
Have a living room picnic	Eat your favorite candy	Go on a date with self or significant other	Do an activity you love	Journal about your best day
Play a family game	Read a book	Stay in your PJ's	Sing your favorite song outloud	Give yourself a facial
Color or paint a picture	Make your favorite dinner	Light a candle or diffuse an oil	Play a video game	Treat yourself to a favorite hot beverage