

2023

AUGUST

A MONTH OF SELF CARE

SUN	MON	TUE	WED	THU	FRI	SAT
		1 Move your body for 30 minutes	2 Drink 8 glasses of water	3 Say 3 things you love about yourself	4 Try something new	5 Spend time with someone you love
6 Try and log 10,000 steps today!	7 Mask Monday - try a hair or face mask	8 Take time to stretch	9 Try a workout you haven't tried before	10 Try and practice meditation	11 Say something kind to a stranger	12 Book yourself a massage
13 Listen to a podcast you find interesting	14 Get 8 hours of sleep	15 Centre yourself with some yoga	16 Light a candle or diffuse an essential oil	17 Try and exercise outside today	18 Have a long and relaxing bath or shower	19 Treat yourself to a spa day
20 Try a social media free day	21 Eat a delicious breakfast	22 Write a list of things you're grateful for and why	23 Try and use no electronic devices for an hour	24 Go to bed an hour earlier than you usually would	25 Get out of bed an hour earlier than you usually would	26 Work out outside today
27 Treat yourself to a mani/pedi	28 Try a new healthy recipe	29 Say something kind about yourself	30 Reflect on the changes you've noticed after a month of self care			