

MAY

SELF-CARE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1 Don't make excuses	2 Work up a sweat	3 Write yourself a love message	4 Meditate for 10 minutes	5 Spend 10 minutes doodling
6 Give yourself 3 compliments	7 Light a candle and relax	8 Book an art class	9 Take a walk in the park	10 Treat yourself	11 Have a lunch date	12 Create a bucket list
13 Unsubscribe from unwanted mailing lists	14 Bake something for a friend	15 Pamper yourself	16 Text an old friend	17 Find a new book to read	18 Take a walk without your phone	19 Do nothing
20 Take a mindful walk	21 Take an epsom salt bath	22 Go for a walk with a friend	23 Clean your handbag	24 Social media detox	25 Do something that scares you	26 Host a meal
27 Have a board game night	28 Audit the fridge content	29 Turn off notifications on your phone	30 Listen to your favourite band	31 Celebrate a small achievement		