

# DECEMBER - Holiday Self Care

2017

SUN	MON	TUE	WED	THU	FRI	SAT
26	27	28	29	30	1 Take a Nice Hot Bath with some Epsom Salts	2 Get your nails painted or do them yourself
3 <b>MINDSET WORK:</b> Taking care of myself is _____	4 Dance in you kitchen or living room to your fav kind of music	5 Take 15 min to stretch, do yoga or foam roll	6 Choose a favorite food indulgence and take 15 min to slowly enjoy it	7 Go for a walk or just sit outside and soak up the sun	8 Sit for 5 min in quiet space and do deep inhale and exhales	9 Plan a date night with friends or S.O.(in our out!)
10 Take a sticky note and write a positive thing about yourself and post it where you can read it daily	11 Before you get out of bed, take 5 min to just lay there and think of all the wonderful things in your life	12 <b>MINDSET WORK:</b> My favorite part of the holidays are _____	13 Hug someone special in your life and tell them how much they mean to you	14 Take a 20 min nap guilt free!	15 Do something for someone else today that makes them feel good	16 Choose your favorite movie and watch it guilt free
17 Take a nice hot bath and add some essential oils	18 Call a friend or family member you haven't talked to in a while	19 Find a meditation video on youtube and listen to it for min of 10 min.	20 Schedule a massage or do some yoga	21 <b>MINDSET WORK:</b> At this time, I am most grateful for _____	22 Before you go to bed tonight, take the time to think of all the positive things that happened this week	23 Sleep for 8 hours or more to prepare for next week
24 UNPLUG- Put away all things that keep you connected to the rest of the world and enjoy the ones that surround you	25 Spend this special day with loved ones and celebrate their love for you.	26 Tell yourself how amazing you are and mean it!	27 <b>MINDSET WORK:</b> My life brings me _____	28 Schedule a lunch date with a friend	29 Organize a room or clean out any unnecessary items from your home.	30 Hang out in your pjs and wach movies all afternoon
31 Take the time to look back on 2017 and be grateful. Then set some intentions for 2018!	1	<p>Fall in Love with Taking Care of Yourself</p> <p><b>MIND, BODY &amp; SPIRIT</b></p>				

