

My self-care Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Do something fun!		Write down 3 things I am grateful for			Have a nutritious meal	
			Get an early night's sleep			Spend time with a friend
	Do a 30 minute workout			Stay hydrated		
Go for a walk outside		Take a break from social media		Step outside and breathe in the fresh air		Do something fun!
	Soak up the sunshine		Call a friend			

Affirmation Station

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I believe in myself!

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I am strong!

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My feelings matter!

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MY MOOD:

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MY DAY:

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HOURS OF SLEEP:

0-3 4-6 7-9 10-12

MY WATER INTAKE:

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