

January Self Care

SELF CARE MEANS GIVING THE WORLD THE BEST OF YOU INSTEAD OF WHAT IS LEFT OF YOU

WRITE DOWN YOUR FAVOURITE SELF-CARE ACTIVITIES HERE

*How do
you want to
feel this
month*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

