

"Love yourself first and everything else falls into place"

SELF CARE CALENDER

FEBRUARY

MON	TUES	WED	THURS	FRI	SAT	SUN
SELF CARE NOTES:						1 IMBOLC WHAT CAN YOU LET GO OFF TODAY? FULL MOON ☾
2 LISTEN TO YOUR BODY- WHAT DOES IT NEED TODAY?	3 MAKE A DELIOUS DRINK FOR YOURSELF	4	5 FIND A FLAT SMOOTH STONE TO HOLD	6 SIT STILL BREATH	7 EAT YOUR FAVOURITE FLAVOURS TODAY	8 SPEND TIME CONNECTING WITH EARTH TODAY
9 FIND A SPECIAL NATURE SPOT TO CONNECT WITH NATURE	10 SPEND TIME CONNECTING WITH AIR TODAY	11 GO OUTSIDE & NOTICE WHAT IS STILL & WHAT IS MOVING	12 FIND A PLACE TO LISTEN TO BIRD SONG	13 GIVE YOURSELF A HUG TODAY	14 PUT YOUR FAVOURITE MUSIC ON AND LET IT MOVE YOU	15
16 SAY HI TO A TREE TODAY	17 I SEE MYSELF.. (CLARIFY YOUR VISION FOR THIS MONTH) ● NEW MOON	18 SPEND TIME CONNECTING WITH FIRE TODAY	19 WATCH THE SUNRISE	20	21 WATCH THE SUNSET	22 FIND TIME FOR SOLITUDE TODAY
23 SAY 3 THINGS YOU ARE GREATFUL FOR	24	25 DRAW A CARD FROM YOUR FAVOURITE DECK	26 SPEND TIME CONNECTING WITH WATER TODAY	27 SPEND TIME CONNECTING WITH SPIRIT TODAY	28 GIVE YOURSELF A HUG & THANK YOURSELF FOR YOUR ACTS OF SELF LOVE	
I AM TRUTH	I AM GROUNDED	I AM ENOUGH	I AM LOVED	I AM PEACEFUL	I AM...	