

February 2021



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1 Remember that self-care is not selfish. It is essential.	2 Be willing to share how you feel and ask for help when needed.	3 Free up time in your schedule by canceling any unnecessary plans.	4 Forgive yourself when things go wrong. We all make mistakes.	5 Plan for a fun relaxing weekend and make time for it.	6 Focus on the basics: eat well, exercise and go to bed on time.
7 Remember it's ok not to be ok. We all have difficult days.	8 Notice the things you do well today, no matter how small.	9 Avoid saying "I ought to" or "I should" to yourself.	10 Give yourself permission to say no to requests from others.	11 Aim to be good enough, rather than perfect.	12 Let go of being busy. Allow yourself to take some breaks today.	13 Make time today to do something you really enjoy.
14 Talk kindly to yourself like you would to someone you love.	15 Find a caring calming phrase to say to yourself when feeling low.	16 Notice what you are feeling today, without any judgment.	17 Leave positive messages for yourself to see regularly.	18 Don't compare how you feel inside to how others appear outside.	19 Get active outside and give your mind & body a natural boost.	20 No plans day - make time to slow down and be kind to yourself.
21 Remind yourself that you are loved and worthy of love.	22 Look at photos from a time with happy memories.	23 Let go of other people's expectations of you today.	24 Ask a trusted friend to tell you what they like about you.	25 Release yourself from inner demands and self-criticism	26 Find a new way to use one of your strengths or talents today	27 Take your time. Make space to just breathe and be still.
28 Accept your mistakes as a way of helping you make progress.	1	2	3	4	5	6
7	8	Notes				