

# The 28-day self-care calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>PICK SOME FLOWERS AND PUT THEM INSIDE</p>	 <p>START/FINISH A BOOK YOU HAVE WANTED TO READ</p>	 <p>GET UP EARLY TO START YOUR DAY YOUR WAY</p>	 <p>BE MINDFUL</p>	 <p>WRITE THREE THINGS YOU LOVE ABOUT YOURSELF</p>	 <p>HAVE A WHOLESOME BREAKFAST</p>	 <p>REMEMBER IT IS OK TO SAY NO</p>
 <p>GIVE YOURSELF A MANICURE OR PEDICURE</p>	 <p>JOURNAL PROMPT ... MY BIGGEST STRENGTHS ARE</p>	 <p>SCHEDULE A SELF-CARE HOUR</p>	 <p>GO TO BED 30 MINUTES EARLIER THAN USUAL TONIGHT</p>	 <p>GO FOR A 30-MINUTE WALK</p>	 <p>MUTE SOCIAL MEDIA POSTS THAT MAKE YOU FEEL NEGATIVE</p>	 <p>DRINK 2L OF WATER</p>
 <p>PUT YOUR PHONE AWAY 2 HOURS BEFORE BED</p>	 <p>DOWNLOAD THE CALM APP AND DO A FREE MEDITATION</p>	 <p>TAKE 5 DEEP BREATHS AND SET YOUR INTENTION FOR TODAY</p>	 <p>TAKE EXTRA TIME APPLYING YOUR SKINCARE PRODUCTS</p>	 <p>CONNECT WITH NATURE</p>	 <p>HAVE A WHOLESOME LUNCH</p>	 <p>OUTWEIGH EACH NEGATIVE THOUGHT WITH 5 POSITIVES</p>
 <p>HAVE A NAP OR SLEEP IN</p>	 <p>LET SOMEONE KNOW HOW MUCH THEY MEAN TO YOU</p>	 <p>JOURNAL PROMPT ... I AM MOST PROUD OF</p>	 <p>MAKE A MOTIVATION PLAYLIST</p>	 <p>DANCE TO YOUR PLAYLIST WHILE YOU COOK OR CLEAN</p>	 <p>MAKE A LIST OF THINGS THAT MAKE YOU HAPPY</p>	 <p>REFLECT ON THE LAST 28 DAYS</p>



Self-care is not trips to the day spa or expensive investments. It combines discipline and doing small things daily to bring you peace and joy while ensuring you are giving the world the best version of yourself. You can find more information about managing your mental health in the bush on Instagram [@theruralwomenscounsellor](#) or online at [www.theruralwomenscounsellor.com.au](http://www.theruralwomenscounsellor.com.au).