

“The present moment is the only time over which we have dominion.”

Thích Nhất Hạnh

February

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|--|---|--|---|---|---|---|
| 01
Date yourself!
Schedule some "me time" in your day. Fill it with something that nourishes you. Whatever makes you smile! | 02
Make time for connection.
Check in on loved ones or open up to someone about what's on your mind. | 03
Try a loving kindness meditation today. | 04
Schedule at least 15 minutes of pure enjoyment into your busy day. | 05
Look in the mirror today and find something you love about yourself. Say it loud and take a selfie! | 06
Meditate twice today. | |
| 07
Make time for silence today. Think of it as a gift to your mind. | 08
Ask yourself, "What can I do less of today?" | 09
Reach out to someone that means a lot to you. Connecting with loved ones is good for your health. | 10
Choose a self-care practice and make time for it. | 11
Charge your mental and physical batteries by getting enough sleep and going to bed early or on-time tonight. | 12
Write yourself a self-love note | 13
Text a friend who may need some love today. |
| 14
Write yourself a Valentine. | 15
Play music that you love today — when you wake, as you walk, or while you're eating a meal. | 16
What needs tending in your life? Invest 15 minutes of your time and attention to something that you've been neglecting. | 17
Make your lunch with extra care today. | 18
Rewrite a story that you've been telling about yourself that is no longer serving you. | 19
Find a way to spend some time outside today. Just 30 minutes in nature can improve your mood and sense of wellbeing. | 20
Make space in your day for some YOU time. |
| 21
Ask a loved one to give you 3 reasons why they care for you. Listen and fully receive their love. | 22
Inhale and think of something you're grateful for. Exhale gratitude. Repeat at least 5 times. | 23
Spend time looking up at the sky and notice how it makes you feel. | 24
Practice patience and allow things to unfold in their own time. | 25
List your best qualities. If you find this difficult, ask a friend! | 26
Massage your face and give extra love and attention to the places you hold tension. | 27
Be kind to someone that you find challenging in your life. |
| 28
Find a poem that you love and read it. | | | | | | |