




SELF—CARE CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 College of the North Atlantic   Grand Falls - Windsor					TAKE A BATH	READ A BOOK
MAKE A GOAL FOR THE MONTH	SLEEP IN	COLOR	EXERCISE	RELAX WITH FRIENDS	TAKE A NAP	LISTEN TO MUSIC
HAVE LUNCH WITH A FRIEND	WRITE A JOURNAL ENTRY	VOLUNTEER	CALL A FRIEND	MOVIE NIGHT	COOK A MEAL	TREAT YOURSELF TO SOMETHING NICE
COMPLIMENT YOURSELF	GAME NIGHT	BAKE COOKIES	SPEND THE NIGHT WITH FAMILY	MAKE YOURSELF BREAKFAST	GO ON A HIKE	CLEAN YOUR ROOM
STAY AWAY FROM YOUR PHONE	SMILE	GO FISHING	GO TO THE GYM	MEDITATE	WRITE A BUCKET LIST	DO SOMETHING THAT EXCITES YOU