



ACTION CALENDAR: SELF-CARE SEPTEMBER 2019



SUNDAY

1 Remember that self-care is not selfish. It's essential

8 Remind yourself that you are loved and worthy of love

15 Make time today to do something you really enjoy

22 No plans day - make time to slow down and be kind to yourself

29 Write down three things you appreciate about yourself today

MONDAY

2 Talk to yourself like you would to someone you love

9 Avoid saying 'I ought to' or 'I should' to yourself

16 Notice the things you do well today, however small

23 Let go of other people's expectations of you today

30 Accept your mistakes as a way of helping you make progress

TUESDAY

3 Free up time in your diary by cancelling any unnecessary plans

10 Give yourself permission to say No to requests from others

17 Leave positive messages where you will see them regularly

24 Release yourself from inner demands and self-criticism

WEDNESDAY

4 Forgive yourself when things go wrong. We all make mistakes

11 Aim to be good enough, rather than perfect

18 Don't compare how you feel inside to how others appear outside

25 Ask a trusted friend to say what they like about you

THURSDAY

5 Notice what you are feeling today, without any judgment

12 Find a caring, calming phrase to say to yourself when feeling low

19 Think of a previous mistake you're glad you made and why

26 Find a new way to use one of your strengths or talents today

FRIDAY

6 Remember it's ok not to be ok. We all have difficult days

13 Be willing to share how you feel and ask for help when needed

20 Look at photos from a time with happy memories

27 You matter. Remember that you are enough, just as you are

SATURDAY

7 Plan a fun or relaxing activity this weekend and make time for it

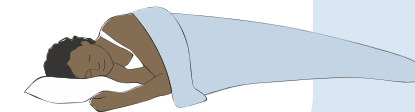
14 Stop the glorification of 'busy'. It's good to take a break

21 Get active outside and give your mind & body a natural boost

28 Take your time. Make space to just breathe and be still



"Self-care is not selfish. You can't pour from an empty cup"



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