

FEBRUARY 2026

Self-love Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>🎧 Listen to Ep. 34: Defining Self-Love for the Survivor. 1</p> <p>Today's task: Drink a full glass of water before your first cup of coffee.</p>	<p>2</p> <p>The \$10 Step. Drive to your local Planet Fitness and just walk through the doors. Look around. That's it.</p>	<p>3</p> <p>Mirror Minute. Look at your reflection and say "Thank you for carrying me" out loud. Even if it feels weird.</p>	<p>4</p> <p>The Color Plate. Add one vibrant vegetable (red pepper, purple cabbage, spinach) to your lunch or dinner.</p>	<p>5</p> <p>Movement for Joy. Take your dogs (or yourself) for a walk. No timer. Just notice the sky.</p>	<p>6</p> <p>Softness over Strength. Buy a new pair of soft socks or a cozy candle. Sensory comfort matters.</p>	<p>7</p> <p>The 10-Minute Strength. Go back to the gym and try one machine. The Seated Leg Press is a great place to start.</p>
<p>🎧 Listen to Ep. 35: Mirror Work. Today's task: Put a post-it note on your bathroom mirror that says "I am rising forward." 8</p>	<p>9</p> <p>Digital Detox. Unfollow or "mute" any social media account that makes you feel "less than" or guilty.</p>	<p>10</p> <p>The Protein Boost. Focus on high protein today (eggs, chicken, cottage cheese) to feed the muscle you're building.</p>	<p>11</p> <p>Secret Joy Mission. Send a "thinking of you" text to another caregiver. Spark a pilot light for them.</p>	<p>12</p> <p>Posture Check. Spend 5 minutes sitting tall, imagining the weight of the "Heavy Coat" sliding off your shoulders.</p>	<p>13</p> <p>Self-Date. Take yourself for a coffee or a library visit. Spend 30 minutes being "just you."</p>	<p>14</p> <p>Valentine to the Survivor. Write a short letter to the person you were during caregiving. Forgive her/him for everything.</p>
<p>🎧 Listen to Ep. 36: Building the Temple. Today's task: Add two machines to your gym routine. 15</p>	<p>16</p> <p>The "No-Excuse" Monday. It's \$10/month—go use it. 15 minutes of moving meditation.</p>	<p>17</p> <p>Hydration Goal. Aim for 64oz of water. Hydrate your body and mind.</p>	<p>18</p> <p>Audible Joy. Put on a playlist that makes you want to dance in the kitchen. Not "sadness" music—"Olympian" music.</p>	<p>19</p> <p>The SUN-day. Spend 10 minutes outside with the sun on your face, no matter the temperature.</p>	<p>20</p> <p>Planning the Plot Twist. Brainstorm one small "secret mission" or party you can plan for the spring.</p>	<p>21</p> <p>Rest as Reclamation. Go to bed 30 minutes early. Sleep is where the muscles—and the heart—repair.</p>
<p>🎧 Listen to Ep. 37: Joy Was the Plot Twist (Recap). Today's task: Review how far you've come in 22 days. 22</p>	<p>23</p> <p>Muscle & Mind. Notice one thing you can do physically now that felt hard on Feb 1st.</p>	<p>24</p> <p>Pantry Purge. Toss one "survival mode" snack that doesn't make you feel alive. Replace it with fruit.</p>	<p>25</p> <p>The Connection Mission. Call a friend and talk about something other than the "After."</p>	<p>26</p> <p>Heavy Coat Check. If you feel the coat slipping back on, take three deep breaths and "shake" it off physically.</p>	<p>27</p> <p>Wardrobe Refresh. Wear something that makes you feel vibrant—even if you're just staying home.</p>	<p>28</p> <p>The Pilot Light Celebration. Treat yourself to something that feels like "The New You." You did it!</p>