

1 Month

SELF-CARE CALENDAR

@halfogabby

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Plan out your week ahead.
It feels so good to have a plan in place!

Take a walk in nature.

Write down everything you are grateful for.

Read a book.

Paint a picture.
There's paint classes on YouTube!

Write down a wishlist (or bucket list).

Rent a movie that you've been wanting to see.

Make a new music playlist.
Open a free account w/ Spotify, Pandora, iHeart radio, or Apple Music.

Give yourself a hand (or foot) massage.
Use whatever lotion or oil you already have.

Learn a yoga position.

Cook your favorite meal from scratch.

Stretch for 15 minutes.

Work on a crossword puzzle, word search or jigsaw puzzle.

Call someone you love. Or write them an old fashioned letter.

Have a mini spa night.
Do a face and/or hair mask, paint your nails, shave, pluck, and moisturize, etc.

Write down everything that you love about yourself.

Buy yourself fresh flowers or a new houseplant.

Listen to a guided meditation.
There's tons on YouTube!

Unplug for an entire evening.
No electronics after 5:00pm.

Take a long hot bath.
Bonus points for bathing by candle light.

Watch and/or listen to a motivational Ted Talk.

Create a vision board.
www.halfogabby.com

Color an adult coloring page.

Watch 15 minutes of funny videos on YouTube.

Organize and declutter a junk drawer or closet.

Spend 20 minutes in the sunshine.
If it's cold, bundle up!

Plant something.
Window sill herbs or flowers.

Bake cookies for coworkers or a neighbor.
Keep some for yourself to drink with some hot tea!



If you enjoy this **Self-Care Calendar** and would like to share, please share my article link: www.halfofgabby.com/halfofgabby/self-care rather than sharing the actual PDF that you was sent to you.

thank you ❤️

Well hello there! I'm Gabby and I'm so happy you have found your way to this Self-Care Workbook! I can't think of anyone who hasn't been hit with some extra stress lately. I mean even ordinary days can bring with them some significant stress, but recent times have put us all through it!

I wanted to create something that would provide you some real me-time. These fun and self-reflecting pages allow you to have calming moments in an otherwise stressful or busy day. I hope you enjoy them! I want you to spend more time on yourself because you are special and deserve time dedicated to just you.

Who the heck am I? I'm a wellness and weight loss coach who also just so happens to have lost over 120 pounds. In my blog I share weight loss tips as well as all-encompassing health tips including mental and emotional health. I've been a licensed mental health therapist for over 20 years and a weight loss coach for 10 years. I strongly believe that mental health and physical health are deeply intertwined. True health and wellness comes from a healthy balance between the two. My passion is encouraging and helping others to live healthier and happier lives.

Your free self-care calendar is part of a **Complete Self-Care Workbook**.

You can find the full Self-Care Workbook at: www.halfofgabby.com/shop

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You can find over 100 health and wellness articles, plus countless weight loss tips and recipes at www.halfofgabby.com

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I hope to see you there!