

My Self Care Calendar

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>I Affirm</i>	<i>I Am Able To Handle Anything Through God</i>	<i>Happy Happy Happy</i>	<i>This Body Is Healthy And Healed</i>	<i>I Am So Blessed & Grateful</i>	<i>I Am Safe & Alive</i>	<i>It Can Be Easy</i>	<i>The Christ In Me Has Risen. I Now Fulfill My Destiny</i>
<i>Self Care Do</i>							
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<i>Note Weekly Feelings</i>							

I Will Do Some Of These And Much More For My Body Every Day

- Wake up with a grateful heart.
- Get 7-8 hours of Zzzzzzzs.
- Keep it moving with exercises like Yoga, Walking, Zumba, Pilates, etc.
- Listen to happy songs. Because you're happy.
- Make Love as much as you can.
- Be still. Breathe. Just be.
- Speak kind words.
- Dry Brush your skin at least once per day.
- Get a dose of delicious and nutrient dense veggies.

“Do something everyday that is loving toward your body and gives you the opportunity to enjoy the sensations of your body” Golda Poretsky