

A Self-caring Woman's Monthly Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Remember to:

Schedule a day and time for your self-caring session. This is a great opportunity to bathe and do something (not too many things) that replenishes your spirit.

Decipher what day(s) to explore nature? When do you venture outside and use your senses?

Allow yourself quite time during the week. May I suggest more than one day of quite time and choose one thing to do.. Reading, listen to instrumental music, take a nap, journal, etc.

Be creative. Find an activity that you've been wanting to start or was afraid to start and DO IT! Creativity centers your mind and increases positive thoughts.