



February 2021

Self-love Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 <i>Write an affirmation for the month</i>	2 <i>Drink more water</i>	3 <i>Reflection: What does it mean to you self-love?</i>	4 <i>Make a list of all your accomplishments</i>	5 <i>Buy yourself some flowers</i>	6 <i>Enjoy your favorite desert</i>
7 <i>Spa Day</i>	8 <i>Reflection: What is one thing you can do this week to feel in control of your life?</i>	9 <i>Do a self love meditation</i>	10 <i>Write 5 things that you like about yourself and why</i>	11 <i>Give yourself a small gift</i>	12 <i>10 minutes Of Yoga</i>	13 <i>Listen to your favorite music</i>
14 <i>Disconnect from the world</i>	15 <i>Looking at yourself in the mirror give your body thanks for being your temple</i>	16 <i>As soon as you get out of bed stretch your body</i>	17 <i>Ask your bff what she likes best of you</i>	18 <i>Scan your body, What parts need extra attention?</i>	19 <i>Reflection: Is there something you feel guilty about? Forgive yourself</i>	20 <i>Don't make plans, flow with the day</i>
21 <i>Remind yourself that self-care is not selfish, it is essential</i>	22 <i>Focus in your nutrition. What foods are you consuming? How do they make you feel?</i>	23 <i>Note how you are feeling today without judgment</i>	24 <i>Take a nap</i>	25 <i>Write a love letter to yourself</i>	26 <i>Do an activity that excites you</i>	27 <i>Relaxing Day</i>
28 <i>Plan a Self-Date</i>						

Self-Love, a lifelong romance.