

“The present moment is the only time over which we have dominion.”

Thích Nhất Hạnh

# February

- 01 Date yourself! Schedule some "me time" in your day. Fill it with something that nourishes you. Whatever makes you smile!
- 02 Make time for connection. Check in on loved ones or open up to someone about what's on your mind.
- 03 Try a loving kindness meditation today.
- 04 Schedule at least 15 minutes of pure enjoyment into your busy day.
- 05 Look in the mirror today and find something you love about yourself. Say it loud and take a selfie!
- 06 Meditate twice today.
- 07 Make time for silence today. Think of it as a gift to your mind.
- 08 Ask yourself, "What can I do less of today?"
- 09 Reach out to someone that means a lot to you. Connecting with loved ones is good for your health.
- 10 Choose a self-care practice and make time for it.
- 11 Charge your mental and physical batteries by getting enough sleep and going to bed early or on-time tonight.
- 12 Write yourself a self-love note.
- 13 Text a friend who may need some love today.
- 14 Write yourself a Valentine.
- 15 Play music that you love today — when you wake, as you walk, or while you're eating a meal.
- 16 What needs tending in your life? Invest 15 minutes of your time and attention to something that you've been neglecting.
- 17 Make your lunch with extra care today.
- 18 Rewrite a story that you've been telling about yourself that is no longer serving you.
- 19 Find a way to spend some time outside today. Just 30 minutes in nature can improve your mood and sense of wellbeing.
- 20 Make space in your day for some YOU time.
- 21 Ask a loved one to give you 3 reasons why they care for you. Listen and fully receive their love.
- 22 Inhale and think of something you're grateful for. Exhale gratitude. Repeat at least 5 times.
- 23 Spend time looking up at the sky and notice how it makes you feel.
- 24 Practice patience and allow things to unfold in their own time.
- 25 List your best qualities. If you find this difficult, ask a friend!
- 26 Massage your face and give extra love and attention to the places you hold tension.
- 27 Be kind to someone that you find challenging in your life.
- 28 Find a poem that you love and read it.

