

# September 2021



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>29</p>	 <p>30</p>	<p>31</p> 	<p>1</p> <p>Talk to yourself like you would to someone you love.</p>	<p>2</p> <p>Remember that self-care is not selfish, but essential!</p>	<p>3</p> <p>Forgive yourself when things go wrong. We all make mistakes.</p>	<p>4</p> <p>Plan a fun or relaxing activity this weekend.</p>
<p>5</p> <p>With no judgement, notice today what you are feeling.</p>	<p>6</p> <p>We all have difficult days. Remember it's ok not to be ok.</p>	<p>7</p> <p>Free up time on your schedule by cancelling any unnecessary plans.</p>	<p>8</p> <p>Remind yourself that you are loved &amp; worthy of love.</p>	<p>9</p> <p>Give yourself permission to say NO to request from others.</p>	<p>10</p> <p>Avoid saying: "I ought to" or "I should" to yourself</p>	<p>11</p> <p>Take your time. Make space to just breathe and be still.</p>
<p>12</p> <p><b>NO PLANS DAY:</b> Make time to slow down &amp; be kind to yourself.</p>	<p>13</p> <p>Aim to be good enough rather than perfect.</p>	<p>14</p> <p>Be willing to share how you feel &amp; ask for help when needed.</p>	<p>15</p> <p>Notice the things you do well today, however small.</p>	<p>16</p> <p>Find a caring calming phrase to say to yourself when feeling low.</p>	<p>17</p> <p>Think of a previous mistake you're glad you made &amp; why</p>	<p>18</p> <p>Get active outside and give your mind &amp; body a natural boost.</p>
<p>19</p> <p>Write down three things you appreciate about yourself today.</p>	<p>20</p> <p>Find a new way to use one of your strengths or talents today.</p>	<p>21</p> <p>Release yourself from inner demands &amp; self-criticism.</p>	<p>22</p> <p>Ask a trusted friend to say what they like about you.</p>	<p>23</p> <p>Look at photos from a time with happy memories.</p>	<p>24</p> <p>Don't compare how you feel inside to how others appear outside.</p>	<p>25</p> <p>Take a break! Stop the glorification of "busy".</p>
<p>26</p> <p>Make time today to do something you really enjoy.</p>	<p>27</p> <p>Think of a previous mistake you're glad you made &amp; why</p>	<p>28</p> <p>Accept your mistakes as a way of helping you make progress</p>	<p>29</p> <p>Leave positive messages where you will see them regularly</p>	<p>30</p> <p>Let go of other people's expectations of you today.</p>	<p>1</p> 	
		<p><b>Self-Care is NOT Selfish! Pour Yourself a Little Grace!</b></p> <p><b>September is National Self-care Month</b></p>				