



# Self-Care Self-Pamper

**SEE CALENDAR GRID AND  
INSTRUCTIONS ON THE BACK**

## Self-Pamper Challenge

Month

Year

**For fun, count how many times you self-pampered yourself this month.  
You can include activities that were not on this calendar.**

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### **25-31 times:**

Way to go! You are taking care of yourself, and this will help you in your future.

### **20-24 times:**

Find tools to add to your wellness arsenal.

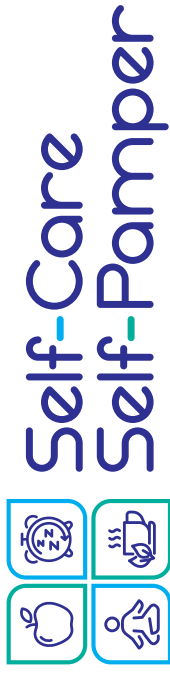
Remember, self-care has a lasting impact on your mental and physical health.

### **Under 20:**

Take more time for you! Self-care can be easy, accessible,  
and potentially very helpful for your mind, body, and soul.

RM1123





# Self-Pamper Challenge

Directions: Choose a month. Write in the dates. Complete the following recommendations for self-pampering. You do not need to complete the activities in the order laid out below. If you choose a self-pampering activity not on this calendar, write what you did on the the corresponding date below. Try to pamper yourself for at least 10 minutes a day.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Soak in a hot bath with extra bubbles.	Eat ice cream out of the container.	Exercise outdoors.	Wear an old or meaningful accessory.	Organize your finances.	Watch a movie in your pajamas.	Go to a spa or create a spa day at home (dim the lights, play relaxing music, give yourself a foot massage).
Unplug from technology.	Meditate.	Touch base with a past friend or colleague you have not recently seen.	Wear something flattering on your figure.	Buy something for yourself that makes you happy.	Practice yoga.	Wear your favorite color.
Explore your surroundings: take walks and tours within your own city and surrounding community.	Buy new sheets for your bed.	Go out for tacos for dinner.	Throw a "me" party. Play your favorite music and dance around the house.	Ride a bike.	Go to a movie with a friend or family member.	Create a soul-nurturing ritual.
Take an afternoon and do nothing.	Take a forest shower. Sit in nature and take in the sights, sounds, and fresh air.	Schedule doctor appointments and preventative care checks.	Make your favorite dish for dinner.	Order a sweet treat and do not feel guilty about it.	Go to bed early.	Visit a state park and take a hike.
Declutter a closet.	Sign up for a class you always wanted to take.	Strength train.	Buy a bra or new pair of shoes and have someone properly measure the fit.	Get a pedicure.	Buy or pick fresh flowers.	Sleep in or take a nap.