

JUNE '20

S**M****T****W****T****F****S**

1
Wake up
15 minutes
earlier

2
Make a list of
your favorite
dance songs

3
Wear a
different piece
of jewelry

4
Learn how to
say "Cheers" in
3 languages

5
Plan a Virtual
hang out with
a friend you
haven't seen
lately

6
Run
through a
sprinkler!

7
Plant
Flowers in
a pot

8
List 3 things
that make
you laugh

9
Look for
fireflies at
dusk

10
Find 15
minutes of
quiet time

11
Wear your
favorite
outfit

12
Make a new
goal for next
year

13
Clean out
your inbox

14
Take a nap

15
Put together
a self care
box

16
Add
sprinkles to
anything!

17
Send a card to
someone
anonymously

18
List 3
things you
love

19
Find an app
for calming
your mind

20
Paint a rock
and leave it
somewhere

21
Make a
gratitude
list

22
Go to bed
15 minutes
earlier

23
Write a positive
note and put it
somewhere
you'll see it

24
Have a DIY
pamper day

25
Eat dessert
first

26
Pay it
forward
today

27
Reconnect
with
someone

28
Set an alarm
with "You're
Fabulous" as
the message

29
Give away
your pot of
flowers

30
Plan your
July self
care

Self Care Calendar

www.scattered.sasha.com