

# DECEMBER '20

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1  
Sing your favorite holiday song

2  
Finish this:  
Today I want to be....

3  
Give yourself a hand massage

4  
Toss outdated foods so you're ready to start fresh

5  
Find a jar to start a 2021 blessings jar

6  
Eat dessert first

7  
Write yourself a love note

8  
Count the times you laugh & try to increase that tomorrow

9  
Look in the mirror and compliment yourself

10  
Write down what makes you special

11  
Dream of future plans for 15 minutes

12  
Try a new scented candle

13  
Rest your soul & take a nap

14  
Make a list of times you felt powerful

15  
Wear some wild socks!

16  
Plant flower seeds in a pretty planter

17  
Sit for 5 minutes, close your eyes, and clear your mind

18  
Plan a spa day at home with your bestie

19  
Collect 365 index cards/slips of paper for your blessing jar

20  
Plan your holiday meal

21  
Call a friend and make each other laugh

22  
Take a few selfies and keep your favorites only

23  
Listen to your favorite song as many times as you like

24  
Surround yourself with what brings you joy

25  
Celebrate all the good in your world

26  
Clean out your closets and donate

27  
Label all your decorations for next year

28  
Find a place to keep your blessings jar all year

29  
Get a 2021 calendar to write your favorite affirmations in every day

30  
Plan your self care for January

31  
Celebrate the end of 2020!!!

# Self Care Calendar

[www.scattered.sasha.com](http://www.scattered.sasha.com)