

# May

SUN

MON

TUE

WED

THU

FRI

SAT

Ask a friend  
to dinner

1

Find time to  
yourself

2

Be present  
with each sip  
of coffee or  
tea

3

Walk  
barefoot in  
the grass

4

Do an Align  
& Flow  
Practice

5

Forgive  
yourself for  
making a  
mistake

6

Get a  
massage

7

Enjoy  
seasonal  
veggies &  
fruit

8

Do a Gentle  
Practice

9

Sit quietly &  
witness your  
breath

10

Give yourself  
permission to  
rest

11

Be mindful of  
each bite of  
breakfast

12

Do a Restore  
Practice

13

Spend Time  
Outside.

14

Go on a  
Walking  
Meditation

15

Stay  
Hydrated

16

Stop.  
Breathe.  
Repeat.

17

Take a long,  
warm bath

18

Do a Gentle  
Practice

19

Give  
Someone a  
Compliment

20

Sleep In

21

Reach out to  
a good  
friend

22

Set Self  
Care Goals

23

Do a Restore  
Practice

24

Practice  
Gratitude

25

Let Go of  
Something  
Unnecessary

26

Do a  
Meditation  
Practice

27

Enjoy a  
Special  
Night Out

28

Sleep In

29

Do an Align  
& Flow  
Practice

30

31