# Action Calendar – Self-Care September 2023

## Self-Care September - Day 1 Friday

Find time for self-care. It’s not selfish, it’s essential

## Self-Care September - Day 2 Saturday

Notice the things you do well, however small

## Self-Care September - Day 3 Sunday

Let go of self-criticism and speak to yourself kindly

## Self-Care September - Day 4 Monday

Plan a fun or relaxing activity and make time for it

## Self-Care September - Day 5 Tuesday

Forgive yourself when things go wrong. Everyone makes mistakes

## Self-Care September - Day 6 Wednesday

Focus on the basics: eat well, exercise and go to bed on time

## Self-Care September - Day 7 Thursday

Give yourself permission to say ‘no’

## Self-Care September - Day 8 Friday

Be willing to share how you feel and ask for help when needed

## Self-Care September - Day 9 Saturday

Aim to be good enough, rather than perfect

## Self-Care September - Day 10 Sunday

When you find things hard, remember it's ok not to be ok

## Self-Care September - Day 11 Monday

Make time to do something you really enjoy

## Self-Care September - Day 12 Tuesday

Get active outside and give your mind and body a natural boost

## Self-Care September - Day 13 Wednesday

Be as kind to yourself as you would to a loved one

## Self-Care September - Day 14 Thursday

If you’re busy, allow yourself to pause and take a break

## Self-Care September - Day 15 Friday

Find a caring, calming phrase to use when you feel low

## Self-Care September - Day 16 Saturday

Leave positive messages for yourself to see regularly

## Self-Care September - Day 17 Sunday

No plans day. Make time to slow down and be kind to yourself

## Self-Care September - Day 18 Monday

Ask a trusted friend to tell you what strengths they see in you

## Self-Care September - Day 19 Tuesday

Notice what you are feeling, without any judgement

## Self-Care September - Day 20 Wednesday

Enjoy photos from a time with happy memories

## Self-Care September - Day 21 Thursday

Don’t compare how you feel inside to how others appear outside

## Self-Care September - Day 22 Friday

Take your time. Make space to just breathe and be still

## Self-Care September - Day 23 Saturday

Let go of other people’s expectations of you

## Self-Care September - Day 24 Sunday

Accept yourself and remember that you are worthy of love

## Self-Care September - Day 25 Monday

Avoid saying 'I should’ and make time to do nothing

## Self-Care September - Day 26 Tuesday

Find a new way to use one of your strengths or talents

## Self-Care September - Day 27 Wednesday

Free up time by cancelling any unnecessary plans

## Self-Care September - Day 28 Thursday

Choose to see your mistakes as steps to help you learn

## Self-Care September - Day 29 Friday

Write down three things you appreciate about yourself

## Self-Care September - Day 30 Saturday

Remind yourself that you are enough, just as you are