### Action Calendar: Self-Care September 2018

**Monday**
1. Free up time in your diary by cancelling any unnecessary plans
2. Give yourself permission to say no to requests from others
3. Notice the things you do well today, however small
4. Leave positive messages where you will see them regularly
5. Think of a previous mistake you're glad you made and why

**Tuesday**
1. Forgive yourself when things go wrong. We all make mistakes
2. Don't compare what you feel inside to how others appear outside
3. Write down three things you appreciate about yourself today
4. Consider if you can do something different to feel better today

**Wednesday**
1. Avoid saying 'I ought to' or 'I should' to yourself
2. Remember it's ok not to be ok. We all have difficult days
3. Find a caring, calming phrase to say to yourself when feeling low
4. Accept your mistakes, they're a way of helping you make progress

**Thursday**
1. Notice what you are feeling today, without any judgment
2. Be willing to share how you feel and ask for help when needed
3. Think of someone to help you today
4. Ask a trusted friend to say what they like about you

**Friday**
1. Recognise that self-care isn't selfish. It's essential
2. Talk to yourself like you would to someone you love
3. Plan a fun or relaxing activity this weekend and make time for it
4. Stop the glorification of 'busy'. It's good to take a break

**Saturday**
1. Get active outside and give your mind & body a natural boost
2. Make time today to do something you really enjoy
3. Remind yourself that you are loved and worthy of love
4. Take your time. Find space to just breathe and be still

**Sunday**
1. No plans day - make time to slow down and be kind to yourself
2. Let go of other people's expectations of you today
3. Think about what drives you
4. Write a letter expressing the things you want to say you are happy with yourself

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**Action for Happiness**

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