## **MAY**



SUN	MON	TUE	WED	THU	FRI	SAT
			<b>1</b> Make a list of all your positive qualities.	<b>2</b> Spend at least 15 minutes doing yoga or other relaxing stretching.	<b>3</b> Take a nice walk by yourself.	4
5	<b>6</b> Personal Practice	<b>7</b> Resolution Work	<b>8</b> Write about part of your life where you could demonstrate more self respect.	9 Spend at least 20 minutes doing something (even relaxing!) outside.	<b>10</b> Try something new!	11
12	<b>13</b> Personal Practice	<b>14</b> Resolution Work	<b>15</b> Check a nagging item off your to-do list and then feel accomplished.	<b>16</b> Take a long, relaxing bath or shower.	<b>17</b> Write your autobiography. (You can take the weekend to complete this.)	18
19	<b>20</b> Personal Practice	<b>21</b> Resolution Work	<b>22</b> Treat yourself to something you love.	<b>23</b> Reminisce about a favorite memory	<b>24</b> Learn more about something that interests you.	25
26	<b>27</b> Personal Practice	<b>28</b> Resolution Work	<b>29</b> Read "Self Care isn't  Selfish" on our website  and complete the  challenge.	<b>30</b> Do your favorite type of exercise	Devote time towards a favorite hobby today.	