

# Summertime Self-Care Calendar

SUN	MON	TUE	WED	THU	FRI	SAT
01 Put together new summer work outfits	02 Give yourself a pep talk	03 Buy a new adult toy	04 Sing/rap in the shower	05 Phone a friend	06 Thoroughly hydrate yourself	07 Sleep in
08 Face Mask	09 Set an attainable goal for the day	10 Listen to some chill music	11 Dress to the 9s, just because	12 Take a new moon detox bath	13 Get a mani or paint your toes	14 Unplug for 1 hour
15 Eat some ice cream for Nat'l Ice Cream Day	16 Watch a Ted Talk	17 Order or take something healthy for lunch	18 Start reading a new book	19 Schedule an appointment to get your teeth cleaned	20 Buy fresh flowers	21 Deep condition your hair
22 Go for a swim	23 Write your 1 year dream plan	24 Make a fresh Margarita for Nat'l Tequila Day	25 Take an online course	26 Exfoliate	27 Take a full moon detox bath	28 Get some sun & fresh air
29 Listen to an audiobook	30 Cook a healthy meal	31 Declutter				