

# 31 DAYS

## *Of Self Care in October*

<b>1</b> Get a Manicure	<b>2</b> Take a 20 Minute Walk	<b>3</b> Buy a New Sweater for Fall	<b>4</b> Read Before Bed	<b>5</b> Take a Bubble Bath
<b>6</b> Do Your Hair	<b>7</b> Call a Friend	<b>8</b> Meditate	<b>9</b> Watch a Funny TV Show	<b>10</b> Sleep Late
<b>11</b> Put Pajamas on Early	<b>12</b> Indulge on Dessert	<b>13</b> Decorate your House for Fall	<b>14</b> Start a Journal	<b>15</b> Try Yoga
<b>16</b> Create a Vision Board	<b>17</b> Enjoy Coffee at Home	<b>18</b> Watch your Favorite Movie	<b>19</b> Start a New Hobby	<b>20</b> Pray
<b>21</b> Buy Fresh Flowers	<b>22</b> Enjoy your Favorite Cocktail	<b>23</b> Shut Off Phone All Night	<b>24</b> Watch the Sunrise	<b>25</b> Dance at Home
<b>26</b> Do Something Nice for Someone Else	<b>27</b> Call your Parents and Catch Up	<b>28</b> Start a Grateful Journal	<b>29</b> Read your Horoscope	<b>30</b> Organize an Area of your House
<b>31</b> Get a Pedicure	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>