



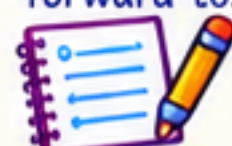
October 2026

SELF-CARE CALENDAR

Small steps. Big difference. ♥

Take care
of yourself,
you matter!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Set one positive intention for the month. 	2 Drink plenty of water today. 	3 Take a 10-minute walk. 
4 Listen to your favorite music. 	5 Talk to someone you trust. 	6 Spend some time outside. 	7 Write down three things you're grateful for. 	8 Take a short break from your phone. 	9 Do something that makes you smile. 	10 Take five slow, deep breaths. 
11 Enjoy a nourishing meal or snack. 	12 Give yourself some encouragement. 	13 Do something creative. 	14 Get some fresh air and sunshine. 	15 Take time to relax and unwind. 	16 Read something you enjoy. 	17 Do something kind for someone else. 
18 Tidy one small space around you. 	19 Check in with yourself: "How am I feeling?" 	20 Give yourself permission to rest. 	21 Watch or share something that makes you laugh. 	22 Take a break when you need one. 	23 Create a calm, relaxing space. 	24 Reach out to a friend or family member. 
25 Celebrate one thing you're proud of. 	26 Say something kind to yourself. 	27 Unplug and have a quiet evening. 	28 Write down something you're looking forward to. 	29 Do something fun just for you. 	30 Reflect on what helped you feel your best this month. 	31 You've got this! 

♥ Self-care doesn't have to be big.
Small things you do each day can make a difference. ♥

