

# AUGUST '20

S	M	T	W	T	F	S
30 Create art as a gift...it can be anything!	31 Plan your self care for September					1 Sleep a little later today
2 Call a friend (PS - It's National Friendship Day!)	3 Eat your favorite piece of fruit	4 Make a "Let it Go" list	5 Buy a candle in your favorite scent	6 Recite 5 "I AM" affirmations	7 Sing your favorite song as loudly as you can!	8 Take a nap!
9 Invite a friend over to watch an old movie	10 Write a Thank You note to yourself	11 Eat a cupcake!	12 Celebrate something you love about yourself	13 Learn how to say "I love you" in a different language	14 Pick wildflowers and put them in your home	15 Go through old pics & toss or send duplicates
16 Make a lunch date with a friend	17 Count the stars	18 Catch a firefly	19 Journal about your happy place	20 Swing on a swing set!	21 Empower someone who needs it	22 Get up early to watch the sunrise
23 Ask your bff to suggest a new style for you	24 Try a new flavor of coffee or tea	25 Look in the mirror and give yourself 3 compliments	26 Take a trip virtually to an exotic place	27 Make a Ta-Da list for this weekend	28 Strike a power pose and take a selfie	29 Write down 5 things you love about YOU