<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>MAKE A GOAL FOR THE MONTH</td>
<td>SLEEP IN</td>
<td>COLOR</td>
<td>EXERCISE</td>
<td>RELAX WITH FRIENDS</td>
<td>TAKE A NAP</td>
<td>LISTEN TO MUSIC</td>
</tr>
<tr>
<td>HAVE LUNCH WITH A FRIEND</td>
<td>WRITE A JOURNAL ENTRY</td>
<td>VOLUNTEER</td>
<td>CALL A FRIEND</td>
<td>MOVIE NIGHT</td>
<td>COOK A MEAL</td>
<td>TREAT YOURSELF TO SOMETHING NICE</td>
</tr>
<tr>
<td>COMPLIMENT YOURSELF</td>
<td>GAME NIGHT</td>
<td>BAKE COOKIES</td>
<td>SPEND THE NIGHT WITH FAMILY</td>
<td>MAKE YOURSELF BREAKFAST</td>
<td>GO ON A HIKE</td>
<td>CLEAN YOUR ROOM</td>
</tr>
<tr>
<td>STAY AWAY FROM YOUR PHONE</td>
<td>SMILE</td>
<td>GO FISHING</td>
<td>GO TO THE GYM</td>
<td>MEDITATE</td>
<td>WRITE A BUCKET LIST</td>
<td>DO SOMETHING THAT EXCITES YOU</td>
</tr>
</tbody>
</table>

Self-Care Calendar

College of the North Atlantic

Pleasant things:
- Take a bath
- Read a book
- Call a friend
- Movie night
- Cook a meal
- Treat yourself to something nice
- Go on a hike
- Spend the night with family
- Make yourself breakfast
- Go to the gym
- Meditate
- Write a bucket list
- Do something that excites you