

# OCTOBER 2020

SUN	MON	TUE	WED	THU	FRI	SAT
				1 Write down your intentions and what you aspire to fulfil from this month of self-care	2 Write down your favourite affirmation and save it as your phone wallpaper, or stick it on a wall	3 Take a gentle walk in nature
4 Read your favourite book, even if only the first couple of chapters	5 Make a list of 5 things you are grateful for in life	6 Treat yourself to a pamper evening	7 Create a vision board of the things that bring you joy	8 Ask a loved one what they like about you	9 Write yourself a self-compassion letter: ( <a href="https://www.orri-uk.com/resources/">https://www.orri-uk.com/resources/</a> )	10 World Mental Health Day Make a list of 3 things that you love about yourself
11 Prepare a special meal or snack and notice how you feel after eating it	12 Nourish yourself with 3 compliments today	13 Have a quiet 30 minutes, by meditating or mindful thinking	14 Organise something that is messy at home – a drawer, a corner in a room, a desk	15 Call and arrange a feel-good evening with a loved one	16 Create and listen to a playlist, just for you	17 Journal your thoughts for the day in a notebook that you really like
18 Pick or buy yourself something that brings you warmth – flowers from the market; or a piece of clothing you've been eyeing up	19 Set yourself 3 short-term goals and write them down	20 Complete a puzzle	21 Spend 30 minutes colouring in or drawing/doodling	22 Put a post-it note on your mirror with an affirmation of what you like about yourself	23 Try something new to eat	24 Finish this sentence, 'Today, I love myself because .....
25 Take today a little slower...	26 Write down one thing you want to work on and how you will go about doing this	27 Forgive yourself for a regret you are hanging onto, and let it go...	28 Drink at least 1 litre of water	29 Plan an fun event for next week (by yourself or with a loved one)	30 Write down your favourite and most enjoyable experience from this month	31 Take a moment to recognise your strength and courage this month



#31DaysofYou