

# Self-care calendar

Keep track of how you feel on each day of our challenge. Do you find the prompts helpful? Are you starting to notice any changes? Making a note of your moods may help you to discover the practices that make you feel particularly cheerful. Reflect on which self-care practices you would like to carry on with after the challenge has finished.

Day 1

---

---

---

---

---

---

Day 2

---

---

---

---

---

---

Day 3

---

---

---

---

---

---

Day 4

---

---

---

---

---

---

Day 5

---

---

---

---

---

---

Day 6

---

---

---

---

---

---

Day 7

---

---

---

---

---

---

# Self-care calendar

Day 8

---

---

---

---

---

---

Day 12

---

---

---

---

---

---

Day 9

---

---

---

---

---

---

Day 13

---

---

---

---

---

---

Day 10

---

---

---

---

---

---

Day 14

---

---

---

---

---

---

Day 11

---

---

---

---

---

---

You did it! How do you feel? We hope you've picked up some positive habits to continue throughout the year. Think about which ones would be easiest to fit into your daily routine. Which days did you enjoy the most? What have you learned? Try to keep your new habits going.