

Stretch
and hold
each pose
for 10
breathes

Visit
with
family or
friends

Drink
water

Save
money

Do
something
creative

Spend
time in
nature

Sleep
for 8 or
more
hours

Moisturize
your skin

MAY

The Force of Self-Care
Be With You

Read a
good book

Stopped
procrastinating
on a task

Spend
time alone

Do something
good for
nature

Set a summer
goal for
yourself

ID Number: _____

Scroll
less on
social
media

Make a
new
playlist

Say "no" to
someone

Write a
gratitude
list

Dance

Take a
nap

Take
care of
your
personal
hygiene