



# JANUARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

It's okay to say no to things you don't have time for.



# FEBRUARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	1 FRIDAY	2 SATURDAY	3 SUNDAY
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28			

Be kind to everyone. Most importantly, YOU.



# MARCH

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

1 FRIDAY

2 SATURDAY

3 SUNDAY

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Take time today to do one thing that makes your soul sing.

# APRIL

1 MONDAY	22 TUESDAY	3 WEDNESDAY	4 THURSDAY	5 FRIDAY	6 SATURDAY	7 SUNDAY
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

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Nourish yourself - mind, body and spirit.



# MAY

MONDAY	TUESDAY	1 WEDNESDAY	2 THURSDAY	3 FRIDAY	4 SATURDAY	5 SUNDAY
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

If you wouldn't say it to a friend. Don't say it to yourself. - Jane Travis





# JUNE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1 SATURDAY

2 SUNDAY

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You are not required to set yourself on fire to keep others warm. - Unknown

# JULY

1	2	3	4	5	6	7
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

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You is kind. You is smart. You is important. - Kathryn Stockett, The Help



# AUGUST

MONDAY	TUESDAY	WEDNESDAY	1 THURSDAY	2 FRIDAY	3 SATURDAY	4 SUNDAY
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

You will be too much for some people. Those people aren't your people.



# SEPTEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
30						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

You are way more than enough.



# OCTOBER

MONDAY	1 TUESDAY	2 WEDNESDAY	3 THURSDAY	4 FRIDAY	5 SATURDAY	6 SUNDAY
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Looking for someone to change your life? Look in the mirror.

# NOVEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	1	FRIDAY	2	SATURDAY	3	SUNDAY
4	5	6	7	8	9	10			
11	12	13	14	15	16	17			
18	19	20	21	22	23	24			
25	26	27	28	29	30				

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You can't pour from an empty cup.

# DECEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
30	31					1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

Give yourself permission to **PAUSE**.