



2021.

January

SET YOUR GOALS

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3 New Year's Resolutions	4	5	6	7	8	9
10	11	12	13	14	15 Clean up your room	16
17	18	19	20	21	22	23
24	25	26 Put up a Vision Board	27	28	29	30
31						

February

LOVE IS IN THE AIR

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4 Create a new affirmation	5	6
7	8	9	10	11	12	13
14	15 Unplug from social media	16	17	18	19	20
21	22	23	24	25	26	27
28						

March

EXERCISE SOME MORE

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7 Go on a hike	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23 Yoga session	24	25	26	27
28	29	30	31			



PRACTICE SELF-CARE

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6 Try a new hairstyle	7	8	9	10
11	12	13	14	15	16 Candlelit night	17
18	19	20	21	22	23	24
25 Enjoy a long bath	26	27	28	29	30	



BAKE SOMETHING

SUN	MON	TUE	WED	THU	FRI	SAT
						1 Cook a new dish
2	3	4	5	6	7	8
9 Take a cooking class	10	11	12	13	14	15
16	17	18	19	20 Potluck dinner	21	22
23	24	25	26	27	28	29
30	31					



REVIEW YOUR GOALS

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8 Write in your journal	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30 Find inspiring quotes	31		



LEARN A NEW SKILL

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5 Try something new	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24 Watch a documentary
25	26	27	28	29	30	31

August

READ A BOOK

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4 Hot chocolate and books	5	6	7
8	9	10	11	12	13	14
15 Visit the bookstore	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



September

ADOPT A HOUSEPLANT

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3 Declutter workspace	4
5	6	7	8	9	10	11
12	13 Meditate	14	15	16	17	18
19	20	21	22	23	24 Go for a walk	25
26	27	28	29	30	31	



October

MAKE YOUR OWN JACK-O-LANTERN

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7 Aromatherapy session	8	9
10	11	12	13	14	15	16
17 Enjoy a massage	18	19	20	21	22	23
24	25	26	27	28	29 Groom yourself	30
31						



November

LET'S CELEBRATE

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12 Karaoke night	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28 Donate to charity	29	30				

December

SAY "THANK YOU"

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3 Leave a "thank you" note	4
5	6	7	8	9	10	11
12 Put up Christmas Decorations	13	14	15	16	17	18
19	20	21	22	23	24 Make a gratitude list	25
26	27	28	29	30	31	