

# FEBRUARY 2019

SUN	MON	TUE	WED	THU	FRI	SAT
					1 Look in the mirror and say "I love You."	2 Indulge in a 90 or 120 minute massage.
3 Look in the mirror and say "I love You" 10 times today	4 Make a list of all the things you like about yourself	5 Take a walk at lunch time	6 Read, "When I Loved Myself Enough" by Kim McMillen	7 Wear that outfit you've been saving for a special day	8 Take a Restorative Yoga Class	9 Care for your body take an epon salt bath
10 Look in the mirror and say "I love You" 20 times today	11 Schedule a health check-up with your Doctor	12 Mail a special Valentine Card to yourself	13 Listen to the Ted Talk "Love Others To Love Yourself."	14 Buy yourself roses or your favorite flowers	15 Ease into bedtime with chamomile tea	16 Get a Mani/Pedi
17 Look in the mirror and say "I love you" 30 times today	18 Write a thank you note to yourself.	19 Repeat this mantra all day, "I am enough."	20 Listen & Chant to "I Am, I Am" by Sat Katar.	21 Take a day off from work by yourself	22 Take yourself on a date to the movies	23 Re-read your favorite childhood book
24 Look in the mirror and say "I love You" 40 times today	25 Put on your favorite music and have your own dance party	26 Find a modern take on your favorite fairy tale	27 If possible, sleep in and relax	28 Look in the mirror and say "I love you," until you believe it!		