




Daily acts of self-kindness

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Did you know that being kind to yourself, practicing gratitude and showing yourself compassion can boost your overall mental health and wellbeing? In honor of World Kindness Day, let's take (at least) a moment each day to be kind to ourselves.</p> <p>Here are 30 ways to get started. Say aloud, write down or record what comes to mind for each of the following.</p>					1	2
	 <p>Do a deep breathing exercise.</p>	<p>Schedule a get-together, in person or virtually, with someone who brings you joy.</p>	 <p>Take note of three things you like about yourself.</p>	7	<p>Think of one good thing that happened yesterday.</p>	 <p>Do something you enjoy.</p>
3					8	9
<p>Think about a mistake you made recently. What can you learn from it?</p>					<p>Take note of three things you're grateful for – however big or small.</p>	<p>Think about a time you felt proud of yourself. How did you feel at that moment?</p>
10	11	12	13	14	15	16
<p>Tell someone close to you why they matter to you.</p> 	<p>Do something special for yourself today.</p>	<p>Schedule some "me time" to do whatever it is you want to do – and follow through.</p>	<p>Make a plan for achieving a goal you have.</p>	<p>The next time a negative thought enters your mind, reframe it to be more positive.</p>	 <p>Do something physical you enjoy.</p>	<p>Give yourself a break.</p>
17	18	19	20	21	22	23
<p>Reflect on a time you blamed someone. Did you play a part?</p>	<p>Note three things you're proud of about yourself.</p>	 <p>Remember a time you excelled.</p>	<p>Eat something you love and savor it. What do you enjoy about it?</p>	<p>Close your eyes and visualize your happy place.</p>	<p>Forgive yourself for a mistake you made.</p>	<p>Let go of something you know you cannot control.</p>
24	25	26	27	28	29	30
<p>What drives your sense of purpose?</p>	 <p>Take note of 3 things in the world that give you joy.</p>	<p>Look at a photo of yourself that makes you feel good.</p>	 <p>Get a good night's sleep.</p>	<p>Take note of two recent accomplishments.</p>	 <p>Give yourself a hug. Literally.</p>	<p>Reward yourself for completing this kindness mission..</p>