



# JANUARY



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

**1** Write down your self-care goals.

**2** Take a 30 minute walk.

**3** Meditate for 30 minutes.

**4** Watch a movie.

**5** Sleep in late.

**6** Listen to an inspirational podcast.

**7** Buy your favorite dessert.

**8** Leave work on time.

**9** Take an exercise class.

**10** Order a book that you've been wanting to read.

**11** Go to your favorite restaurant.

**12** Visit a museum.

**13** Pack your lunch for the week.

**14** Schedule a doctor's visit to check your health.

**15** Reevaluate your self-care goals.

**16** Listen to your favorite song on repeat.

**17** Call your favorite family member.

**18** Watch Netflix.

**19** Go for a 20 minute run.

**20** Visit a place of worship.

**21** Do a vision board around your self-care.

**22** Send a co-worker a nice note.

**23** Take a 20 minute walk.

**24** Repeat the mantra, "I am enough."

**25** Take a day off from school.

**26** Join us in San Antonio!

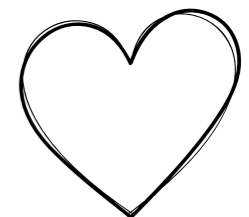
**27** Spend a day relaxing.

**28** Double your tip to a server today.

**29** Drink a gallon of water.

**30** Pay it forward at breakfast.

**31** Pay it forward at breakfast.



THERE ARE YEARS THAT ASK QUESTIONS AND YEARS THAT ANSWER.

-Zora Neale Hurston

# FEBRUARY

MONDAY

TUESDAY

WEDNESDAY

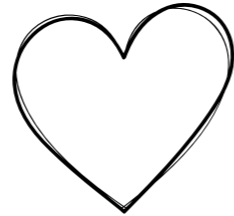
THURSDAY

FRIDAY

SATURDAY

SUNDAY

love  
YOURSELF



**4** Read for pleasure.

**5** Send a student an encouraging email.

**6** Purchase a cup of coffee for a co-worker.

**7** Order yourself a gift.

**1** Set your self-care goals.

**2** Commit to learning a new skill.

**3** Walk for 25 minutes.

**11** Send a thank you card to a friend.

**12** Repeat the following mantra, "I love myself."

**13** Spend the day in constant thanks.

**14** Take a 25 minute walk.

**15** Evaluate your self-care goals.

**16** Organize your closet.

**17** Pack your lunch for the week.

**18** Read for pleasure.

**19** Say the mantra, "I choose positivity."

**20** NO SOCIAL MEDIA.

**21** Turn your phone off for an entire 12 hours.

**22** Write in your gratitude journal.

**23** Take a Zumba class.

**24** Listen to an inspirational podcast.

**25** Get a massage.

**26** Apologize to someone you've hurt.

**27** Watch a documentary.

**28** Apologize to someone you've hurt.



SELF CARE IS HOW YOU TAKE YOUR MENTAL HEALTH BACK.

# MARCH

MONDAY

TUESDAY

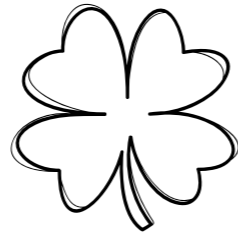
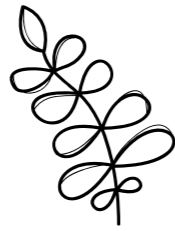
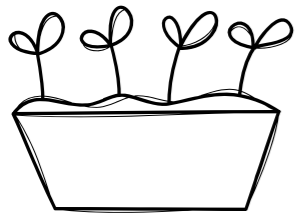
WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



**4** Go hiking for 30 minutes.

**5** Meditate for 30 minutes.

**6** Read a book for pleasure.

**7** Say the mantra, "I am strong."

**8** Walk for 30 minutes.

**9** Sleep in late.

**10** Spend the morning meditating on what you need.

**11** Purchase cup of coffee for a stressed co-worker.

**12** Research a book you'd like to read.

**13** Write in your gratitude journal.

**14** Evaluate your self-care goals.

**15** Leave work on time.

**16** Pack your lunch for the week.

**17** Make a playlist of inspirational music.

**18** Walk for 30 minutes.

**19** Spend time helping someone else.

**20** Meditate for 30 minutes.

**21** Limit your grading for one hour after lunch.

**22** Watch a comedy special.

**23** Social Media FREE day.

**24** Practice yoga.

**25** Spend the day reconnecting with old friends.

**26** Spend your planning period sitting in silence.

**27** Read a magazine for pleasure.

**28** Do something that makes you feel strong.

**29** Call a long distance family member.

**30** Research a passion outside of teaching.

**31** Spend time posting positive news on social media.

TIME YOU ENJOY WASTING IS NOT WASTED TIME.



# APRIL



## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

## SATURDAY

## SUNDAY

**1** Set your self-care goals.

**2** Say the mantra "I am worthy of nice things."

**3** Read a book for pleasure.

**4** Walk for 35 minutes.

**5** Pick a summer vacation destination.

**6** Declutter your house and donate to a homeless shelter.

**7** Buy a book for a friend.

**8** Spend the day being deliberate in all that you do.

**9** Meditate for 20 minutes.

**10** Order yourself a gift.

**11** Purchase a cup of coffee for a co-worker.

**12** SOCIAL MEDIA FREE DAY.

**13** Sleep late.

**14** Prepare your lunch for the week.

**15** Evaluate your self-care goals.

**16** Take a day off.

**17** Read for pleasure.

**18** Walk for 35 minutes.

**19** Limit your grading to only one hour.

**20** Say hello to a stranger.

**21** Prepare your lunch for the week.

**22** Live by the mantra, "I am worthy of nice things."

**23** Meditate for 20 minutes.

**24** Spend time listening to nature.

**25** Take a fitness class.

**26** Write in your gratitude journal.

**27** Take a bike ride.

**28** Spend the day by yourself.

**29** Leave work on time.

**30** Give yourself a compliment.

"PUT YOURSELF AT THE TOP OF YOUR TO-DO LIST EVERY SINGLE DAY AND THE REST WILL FALL INTO PLACE."

- unknown

# MAY

MONDAY

TUESDAY

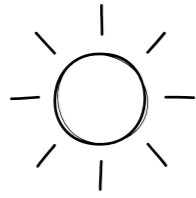
WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



1 Set your self-care goals.

2 Walk for 40 minutes.

3 Organize your book shelf.

4 Sleep late.

5 Call a family member and check on them.

6 Say the mantra, "I am confident in my decisions."

7 Meditate for 25 minutes.

8 Buy yourself flowers.

9 Read for pleasure.

10 Order takeout.

11 Sleep late.

12 Write in your gratitude journal.

13 Visit a spa.

14 Walk for 40 minutes.

15 Take a day off.

16 Do something nice for a co-worker.

17 Evaluate your self-care goals.

18 SOCIAL MEDIA FREE DAY.

19 Watch your favorite sitcom.

20 Leave work on time.

21 Read for pleasure.

22 Walk for 40 minutes.

23 Order takeout.

24 Apologize to someone you've wronged.

25 Sleep late.

26 Forgive yourself.

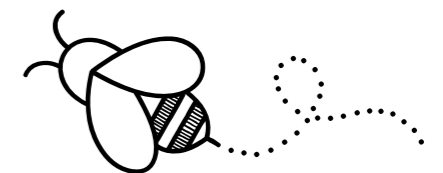
27 Ask for help.

28 Order a book off of the NY Times Bestseller List.

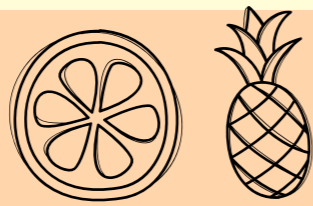
29 Buy the swimsuit you want.

30 Write yourself a letter about your needs in life.

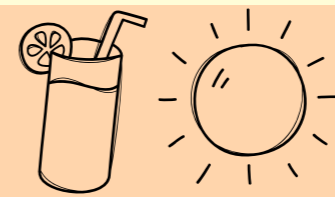
31 Spend 30 minutes in meditation over your struggles from May.



"SOMETIMES LIFE IS GOING TO HIT YOU IN THE HEAD WITH A BRICK. DON'T LOSE FAITH." - *steve jobs*



# JUNE



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

## YOU CAN'T POUR FROM AN EMPTY CUP.

**3** Say the mantra, "My life is moving forward."

**4** Walk for 45 minutes.

**5** Read for pleasure.

**6** SOCIAL MEDIA FREE DAY.

**7** Eat a healthy lunch.

**8** Swim 10 laps.

**9** Plant some flowers.

**10** Eat at your favorite restaurant.

**11** Stop comparing yourself to others.

**12** Meditate for 20 minutes.

**13** Drink a gallon of water.

**14** Walk for 45 minutes.

**15** Purchase something that makes you happy.

**16** Evaluate your self-care goals.

**17** Write in your gratitude journal.

**18** Find a new magazine to read.

**19** Tell someone you love the truth.

**20** Give yourself a compliment.

**21** Attend the Teacher Self-Care Annual Conference.

**22** Attend the Teacher Self-Care Annual Conference.

**23** Ask for help.

**24** Send a thank you note.

**25** Listen to your favorite podcast.

**26** Tell someone no.

**27** List all of your problems and then tear them up.

**28** Purchase your favorite fragrance.

**29** Go for a long drive.

**30** Spend 30 minutes in meditation over your struggles from June.

# JULY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

**1** Set your self-care goals for the month.

**2** Learn a new skill to make your life easier.

**3** Practice mindfulness for 10 minutes.

**4** Write in your gratitude journal.

**5** Create a vision board for the 2018-19 school year.

**6** Spend 50 minutes walking outside.

**7** Swim 10 laps.

**8** Spend time with a child who will tell you the truth.

**9** Watch your favorite movie.

**10** Reach out to a struggling friend and offer to do something with them.

**11** Get take out.

**12** No social media.

**13** Schedule a doctor's visit.

**14** Read a book.

**15** Evaluate your self-care goals for the year.

**16** Take an exercise class.

**17** Send a friend an encouraging email.

**18** Turn your phone off for 12 hours.

**19** Find a therapist, pastor, or friend who can listen to your problems.

**20** Send your best friend a thank you note.

**21** Buy yourself a book.

**22** Buy some essential oils for your home.

**23** Eat a healthy lunch.

**24** Visit a spa.

**25** Go for a 15 minute run.

**26** Call your favorite family member.

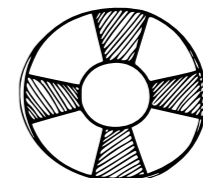
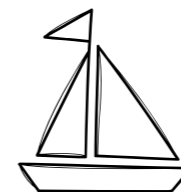
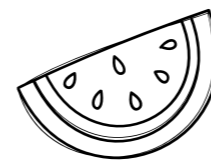
**27** Walk for 50 minutes.

**28** Listen to your favorite song on repeat.

**29** Swim 10 laps.

**30** Make a list of all your accomplishments.

**31** Watch your favorite series on Netflix.



"IF YOU LOOK INTO YOUR OWN HEART, AND YOU FIND NOTHING WRONG THERE, WHAT IS THERE TO WORRY ABOUT? WHAT IS THERE TO FEAR?" - Confucius

# AUGUST

MONDAY

TUESDAY

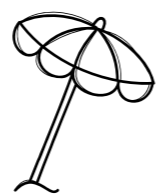
WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



**1** Set your self-care goals.

**2** Meditate on what you want for this school year.

**3** Repeat the mantra, "Positivity is my power."

**4** Write your students a letter about you.

**5** Pack your lunch for the week.

**6** Write in your gratitude journal.

**7** Walk for 60 minutes.

**8** SOCIAL MEDIA FREE DAY.

**9** Go dancing.

**10** Listen to a TED Talk.

**11** Visit a bookstore.

**12** Make yourself a breakfast smoothie.

**13** Read for pleasure.

**14** Walk for 60 minutes.

**15** Evaluate your self-care goals.

**16** Eat a healthy lunch.

**17** Sleep late.

**18** Take time to reflect on your wins.

**19** Forgive yourself for a past transgression.

**20** Ask for help.

**21** Take a Zumba class.

**22** Listen to an inspirational podcast.

**23** Learn about a new language.

**24** Get take out.

**25** Order a cup of coffee for a co-worker.

**26** Read for pleasure.

**27** Walk for 60 minutes.

**28** Take a day off.

**29** Leave work on time.

**30** Sleep in.

**31** Spend the day watching Netflix movies.

"NOTHING EXTERNAL TO YOU HAS ANY POWER OVER YOU."

- ralph waldo emerson



# SEPTEMBER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

"LOVE YOURSELF FIRST, AND EVERYTHING ELSE FALLS IN LINE.  
YOU REALLY HAVE TO LOVE YOURSELF TO GET ANYTHING DONE  
IN THIS WORLD." - *Lucille Ball*

**2** Listen to a TED Talk.

**3** Spend 30 minutes reading.

**4** Go to sleep early.

**5** Figure out who you're voting for.

**6** Rearrange your desk.

**7** Sleep in.

**8** Spend 20 minutes taking a walk.

**9** Send a thank you note.

**10** Write a letter to a local politician that you care about.

**11** Assess your goals for the year.

**12** Say this mantra: "You Are Enough."

**13** Say hello to a stranger.

**14** Pay it forward at your local coffee shop.

**15** Spend the day watching movies.

**16** Order yourself a small gift.

**17** Learn a new skill.

**18** Read for 30 minutes.

**19** Social Media Free Day

**20** Take a twenty-minute walk.

**21** Spend time with your family.

**22** Write in your gratitude journal.

**23** Do something nice for your family.

**24** Practice mindfulness.

**25** Go for a brisk walk.

**26** Write down a list of people you need to forgive.

**27** Reach out to each person from your list and apologize.

**28** Read silently for 30 minutes.

**29** Pack lunch for the week.

**30** Call a friend you haven't spoken to in a while.

# OCTOBER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

**1** Set your self-care goals for the month.

**2** Start a conversation with someone you don't know.

**3** Leave your gradebook at school.

**4** Research a topic you know nothing about.

**5** Volunteer with an organization you care about.

**6** Go to the movies by yourself.

**7** Order takeout for dinner.

**8** Register for a new workout class.

**9** Write in your gratitude journal.

**10** Go to sleep early.

**11** Tell a student how wonderful they are.

**12** Treat yourself to breakfast.

**13** Pack your lunch for the week.

**14** Buy some flowers for your space.

**15** Take a 20-minute walk.

**16** Make today a social media FREE day.

**17** Make an appointment for a yearly checkup.

**18** Go for a run/walk after work.

**19** Take a hike in the wilderness.

**20** Plan a night out with friends.

**21** Commit to learning a new skill in 2020.

**22** Write in your gratitude journal.

**23** Buy three gifts for friends who are going through trials.

**24** Cook yourself a fancy meal.

**25** Reflect on your monthly self-care goals.

**26** Go to brunch.

**27** Spend the day watching your favorite TV show.

**28** Make a video about something you care about.

**29** Call a family member and ask what they need.

**30** Buy yourself something new.

**31** Spend 15 minutes meditating on your 2019 goals.



"SELF ESTEEM MEANS KNOWING YOU ARE THE DREAM."

# NOVEMBER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



**4** Call a family member you've lost touch with.

**5** Say this mantra five times, "No one is against me."

**6** Take a 30-minute walk.

**7** Write a kind note to your co-worker.

**1** Write down your goals for self-care.

**2** Sleep in.

**3** Fix your lunch for the week.

**11** Write in your gratitude journal.

**12** Order your favorite coffee to enjoy on the way to work.

**13** Spend 30 minutes reading.

**14** Listen to your favorite playlist.

**8** Leave your gradebook at school.

**9** Go dancing.

**10** Day of Self-Care

**18** Buy yourself something online today.

**19** Go on a 30-minute walk.

**20** Spend your planning period doing absolutely nothing.

**21** Call a friend and catch up with them.

**15** Register for a conference you want to attend.

**16** Sleep in.

**17** Meal prep your breakfast and lunch for the week.

**25** Call a parent and tell them something awesome their child did.

**26** Go out to eat at your favorite restaurant.

**27** Compliment yourself.

**28** Spend 30 minutes completely alone.

**22** Leave for work 15 minutes early and take your time.

**23** Spend 15 minutes alone.

**24** Spend 20 minutes writing your affirmations for the week.

**29** Meditate for 15 minutes.

**30** Write in your gratitude journal.

"THE MOST COMMON WAY PEOPLE GIVE UP THEIR POWER IS BY THINKING THEY DON'T HAVE ANY." - *alice walker*



# DECEMBER



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

"CARING FOR MYSELF IS NOT SELF-INDULGENCE, IT IS SELF-PRESERVATION, AND THAT IS AN ACT OF POLITICAL WARFARE."

- audre lorde

1 Review your self-care goals for the year.

2 Spend 30 minutes exercising.

3 Visit a bookstore and purchase a book NOT about teaching.

4 Take an extended bath.

5 Forgive yourself for making a mistake.

6 Open your day with the gratitude mantra, "I am enough".

7 Watch your favorite television show.

8 Sleep in.

9 Purchase something that makes you feel good.

10 Do something you really enjoy.

11 After work, take a shower and lay in your bed and reflect on your day.

12 Ask a friend to dinner.

13 Buy a gratitude journal.

14 Spend 15 minutes outside listening to the sounds of nature.

15 Prepare your lunch for the week.

16 Exercise for 30 minutes.

17 Share a funny meme about your teaching.

18 Cook your favorite meal.

19 Find a photo that you like of yourself.

20 Spend 15 minutes in a quiet space to reflect on your day.

21 Be grateful for your existence.

22 Smile and laugh at a joke.

23 Spend 30 minutes exercising.

24 Apologize to a friend who you may have hurt.

25 Spend 10 minutes listening to your favorite playlist.

26 Write in your gratitude journal.

27 Say this mantra to yourself, "I am enough."

28 Call an old friend and tell them you love them.

29 Sleep in.

30 Order dinner from your favorite restaurant.

31 Spend 30 minutes in meditation over your struggles from December.

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