

# February 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Every Sunday is prep day</b>	<b>1</b> Take a moment to visualize the month. Picture yourself smiling and have fun! Think through your commitments and activities. Get needed supplies and schedule appointments.	<b>2</b> Write a list of 10 things you are thankful for.	<b>3</b> Turn up your favorite tunes and have a 15 minute dance party!	<b>4</b> Have a personal poetry tea time. (You could read my favorite poet, <u>Emily Brontë</u> )	<b>5</b> Who's your favorite artist? Look at ten of his/her paintings online.	<b>6</b> Play a board game with one of your kids.
<b>7</b> Get your stuff ready for the week. You will feel so much better when you are prepared. Write out your plans, preview your kid's books, and get all your materials organized.	<b>8</b> Take a nap (Even if you have to put on a video for the kids and lay down next to them).	<b>9</b> Pick a Bible verse or favorite quote to copy with your favorite pens.	<b>10</b> Paint your nails.	<b>11</b> Give yourself some love. Write down AT LEAST 10 things you love about yourself.	<b>12</b> Go on a nature hike.	<b>13</b> Call a friend or family member you haven't talked to in a while.
<b>14</b> Get your stuff ready for the week. You will feel so much better when you are prepared. Write out your plans, preview your kid's books, and get all your materials organized.	<b>15</b> Go spend some George Washingtons and treat yourself to a cup of coffee or another treat.	<b>16</b> Buy yourself some clearance Valentine's flowers.	<b>17</b> Do a <u>yoga video</u> .	<b>18</b> Watch a YouTube video of a handicraft or skill you want to learn.	<b>19</b> Read a book for 30 minutes.	<b>20</b> Take a bubble bath.
<b>21</b> Get your stuff ready for the week. You will feel so much better when you are prepared. Write out your plans, preview your kid's books, and get all your materials organized.	<b>22</b> Go for a 30 minute walk.	<b>23</b> Watch a movie YOU like.	<b>24</b> Make a list of all the good things that have happened this month.	<b>25</b> Make your favorite desert	<b>26</b> Find a nature specimen near your home and paint a picture of it with watercolors.	<b>27</b> You did it! You almost made it through the end of the month. Celebrate by going out to eat tonight!
<b>28</b> Get your stuff ready for the week. You will feel so much better when you are prepared. Write out your plans, preview your kid's books, and get all your materials organized.						