



28 day self care calendar



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Yep, we gotta start with this (apologies - we'll get to the good stuff pronto).

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It's time to organise your self-care...

Not just the candlelit baths and face masks (but hey, no judgement if they make the list).

We're talking real, grown up self care: the kind that helps you feel grounded, energised...and just a little more you.

This 28 Day Calendar is here to help you actually do it.

No big overhauls. No pressure. Just one easy action a day across my six key areas of self care: emotional, physical, financial, social, personal and spaces.

Because when you mix things up, you'll fill your cup in multiple ways. You needn't be perfect. You just need a plan. And here it is.

Make caring for yourself a gentle habit.



Emotional self-care



Financial self-care



Personal self-care



Physical self-care



Social self-care



Spaces self-care

<p>Day 1 Emotional</p> <p>Consciously lower your stress levels: get outside & into some fresh air - take a 15 minute walk locally.</p> <p>Day 1 completed ○</p>	<p>Day 2 Financial</p> <p>Review your recent spending and adjust your budgets / boundaries accordingly.</p> <p>Day 2 completed ○</p>	<p>Day 3 Personal</p> <p>Practice self-care at work: book some time off, based on the leave you have remaining.</p> <p>Day 3 completed ○</p>	<p>Day 4 Physical</p> <p>Optimise your sleep: write out a helpful morning routine to wake up to.</p> <p>Day 4 completed ○</p>	<p>Day 5 Social</p> <p>Cultivate your support system: contact someone who makes you smile and laugh easily.</p> <p>Day 5 completed ○</p>	<p>Day 6 Space</p> <p>Home: choose one room in your home and declutter it, leaving neat & tidy.</p> <p>Day 6 completed ○</p>	<p>Day 7 Emotional</p> <p>Journal: list 20 things that make you feel calm, happy and loved.</p> <p>Day 7 completed ○</p>
<p>Day 8 Financial</p> <p>Run a mini-audit on your bills: reducing or removing anything unnecessary.</p> <p>Day 8 completed ○</p>	<p>Day 9 Personal</p> <p>Try a new hobby (painting, baking, DIY, crafts, writing, gardening, dancing, languages, etc).</p> <p>Day 9 completed ○</p>	<p>Day 10 Physical</p> <p>Get walking: create a podcast playlist for your next walk(s).</p> <p>Day 10 completed ○</p>	<p>Day 11 Social</p> <p>Level up your social media: unblock anyone you've found peace with.</p> <p>Day 11 completed ○</p>	<p>Day 12 Space</p> <p>Work: if you work from home, designate where work happens and organise it so you're able to work happily.</p> <p>Day 12 completed ○</p>	<p>Day 13 Emotional</p> <p>Download the Calm or Headspace app and practice 15 minutes of mindfulness.</p> <p>Day 13 completed ○</p>	<p>Day 14 Financial</p> <p>Review your savings accounts & look for better deals.</p> <p>Day 14 completed ○</p>
<p>Day 15 Personal</p> <p>Increase your creativity: spend some time outside and in nature, rather than indoors.</p> <p>Day 15 completed ○</p>	<p>Day 16 Physical</p> <p>Engage in social exercise: contact a friend and arrange an active meet up soon (tennis, a run, squash, etc).</p> <p>Day 16 completed ○</p>	<p>Day 17 Social</p> <p>Enhance your friendships: call a friend who you notice hasn't been socialising lately - just to have a chat.</p> <p>Day 17 completed ○</p>	<p>Day 18 Space</p> <p>Community: write a kind online review for a local business.</p> <p>Day 18 completed ○</p>	<p>Day 19 Emotional</p> <p>Deepen spirituality: take some quiet time and sit with yourself, unplugged with no distractions and self reflect.</p> <p>Day 19 completed ○</p>	<p>Day 20 Financial</p> <p>Brainstorm and set new financial goals (for the next month, quarter or year).</p> <p>Day 20 completed ○</p>	<p>Day 21 Personal</p> <p>Consider for a moment that you had absolutely no obligations. What would you do today? Reflect on this</p> <p>Day 21 completed ○</p>
<p>Day 22 Physical</p> <p>Practice positive nutrition: chill out and be still with a warm drink.</p> <p>Day 22 completed ○</p>	<p>Day 23 Social</p> <p>Establish boundaries: set your phone up to activate 'do not disturb' each evening (or times you need less distractions).</p> <p>Day 23 completed ○</p>	<p>Day 24 Space</p> <p>Home: shop for houseplants to brighten up space(s) within your home.</p> <p>Day 24 completed ○</p>	<p>Day 25 Emotional</p> <p>Reframe thoughts of failure: think of the ways you've expressed effort recently and reflect on how well you've done.</p> <p>Day 25 completed ○</p>	<p>Day 26 Financial</p> <p>Open a new account or space for emergency / rainy day funds.</p> <p>Day 26 completed ○</p>	<p>Day 27 Personal</p> <p>Set goals: work back from a set year, defining personal and professional goals for each year, in turn.</p> <p>Day 27 completed ○</p>	<p>Day 28 Physical</p> <p>Optimise your sleep: create a chilled, relaxing playlist to listen to before bed.</p> <p>Day 28 completed ○</p>

THE FIT LIFE

A UK based wellness & fitness brand, led by Meg Patel, on a mission to transform lives. My ethos is that through balanced lifestyles, flexible nutrition, strong bodies and better mental health, we can thrive and Become More.

The Fit Life experiences are modern, action-oriented and designed to produce profoundly positive outcomes that last.

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Meg has a Level 3 REPS qualification in Personal Training, a Level 2 certificate in Fitness Instructing (with distinction), an LDNM certificate in Nutrition Coaching, a Precision Nutrition L1 qualification and is an OTA certified Online Trainer.

For the past nine years, Meg has coached hundreds of individuals and groups - initially as a nutrition coach, then as a personal trainer, before settling into the specialism of performance coaching - combining fitness, mindset, lifestyle and nutrition mentoring to drive personal development. In his spare time, Meg enjoys cooking, travelling, going for walks, hitting the gym and petting any animal he comes across.

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