

FRESH START FOR SEPTEMBER

Do one thing every day that is just for YOU.

If something doesn't fit with your plans, swap dates around, make it work for you,
but however you face September, make yourself a priority.

SUN

MON

TUE

WED

THU

FRI

SAT

1 Do a big clean



2 Affirmations



3 Journal



4 Enjoy a moment with a cuppa



5 Light a candle



6 Go on a run



7 Read a book



8 No socials all day



9 Workout



10 Read a self-help book



11 Eat your 5-a-day



12 Go on a walk



13 Treat yourself to some self-care goodies



14 Pamper eve



15 Go on a run



16 Meditate



17 Light a candle



18 Do some colouring



19 Write to your future self



20 Take a bath



21 Buy yourself a coffee



22 Pamper eve



23 Eat your 5-a-day




24 Journal



25 Workout




26 Enjoy a moment with a cuppa



27 Yoga



28 Read a book



29 Do a big clean



30 Buy yourself flowers

