



# A KINDNESS A DAY

# JANUARY 2020

**THEME:**  
Self-Care  
Refuat Guf



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Your physical, emotional and spiritual states need care! Take a moment to recognize that engaging in self-care isn't the same as being self-indulgent.	2 Write down three accomplishments in your life. Reflecting on past accomplishments allows you to think critically and to strengthen your ability to think about your future goals.	3 Write down three goals for your future. You can remember what you are trying to achieve, keep track of your progress and consider new opportunities.	4 Find your "Shabbat." Be present and "un-plug." Find time to spiritually connect.
5 Think about a mistake that you may regret, and forgive yourself for it.	6 When faced with a challenge, instead of saying, "This is too hard," take a breath and say, "This may be hard, but with courage and resources I can do this!"	7 Take note of something productive you did today, however small.	8 Create a seder (order) or make a routine. Bring the spirit of order beyond holidays and special occasions to your daily meals and other aspects of your life.	9 Find a new way to use one of your strengths or talents.	10 Let loose! This weekend, plan that fun or relaxing activity you have been waiting to do.	11 Look through old photo albums from a time with happy memories.
12 Be active outside to give your mind and body a natural boost.	13 Try to remain as cheerful as you can throughout the day.	14 Leave a few positive messages around your house for you (and others) to see.	15 Write down three things you appreciate about yourself.	16 Perform a nightly recap to review the events of your day and identify what you learned. What did you like about today? What would you like to do better for tomorrow?	17 Free up one hour of your busy schedule to give yourself time to relax and breathe.	18 Focus on the positive today.
19 Think of a previous mistake that you are glad you made and why.	20 Create a web of your closest and most trusted friends, family and mentors who can encourage you in times of need.	21 Give yourself permission to say no. Many times we go out of our way to say yes to our family and friends. Sometimes it's okay to say no.	22 Walk away from a difficult situation and come back to it with fresh eyes tomorrow.	23 Seek out advice and guidance from your boss, supervisor or a more experienced colleague.	24 Your physical body needs care, as well as your spiritual body. Give your mind and body the rest they deserve! Go to sleep earlier than usual tonight.	25 Have a glass of water. It is much easier to be kind to others when you are healthy and energized.
26 Start a gym routine. Try it with a friend so that you can make a healthy choice, while still having a fun bonding experience.	27 Keep your cool. When you feel overwhelmed or stressed today, stay calm and breathe.	28 Give yourself an at-home spa day. Take a long bath or shower, sit around in your bathrobe, and give yourself time to relax.	29 Think about the things you usually let slide. For your sanity, try to have a bit more self-control today, whether it is with a diet, an addiction or even a person.	30 Fill your heart with love, not hate. Forgive someone and let go of the pain he or she may have caused you.	31 Spring cleaning doesn't only have to be in the spring! Take time to reorganize, declutter and clean up your room.	