

# 2026



# -u-ary!

## A month to love yourself big!



Paste this note  
on your bathroom  
mirror all month:

What can  
I do today  
to  
love myself  
a little  
more?

2 Stop caring  
what anyone  
thinks of  
you!  
Give up  
people-pleasing  
today. Embrace &  
love your beautiful  
bad-ass self.

3 Make today  
a total  
"Self-care" day!  
  
(Call in a mental health day at  
work if you need to!)

4 Today, pick  
one person and  
forgive them. Let  
it go. It only hurts you,  
not them. Practice  
Ho'oponopono:  
"I'm sorry. Please  
forgive me. Thank  
you. I love you."  
(Forgive yourself, too!)

5   
TO DO:  
• DEEP BREATH  
• DEEP BREATH  
• DEEP BREATH  
• DEEP BREATH

6   
Call a florist and  
send someone flowers  
anonymously. Send  
yourself flowers, too!

7   
Make it a  
Selfish Saturday!"  
Today, do only things  
that are filled with  
self-care and  
self-love!

8   
Spend just 10  
minutes outside  
today. Fall back in  
love with nature,  
and trees.

9   
Buy yourself a Teddy  
Bear and snuggle  
with it each night  
this week.  
(Also buy one for someone  
else and give it to them  
anonymously!)

10 Today, listen  
with your eyes.  
Put down the phone  
and practice mindful  
listening. Listen with  
your eyes to your kids,  
your friends... then,  
listen to that voice  
inside.

11   
Share some love...  
pay for the person's  
coffee or food  
behind you.

12 Spend 10  
minutes  
today  
doing something you  
used to do that  
brought you joy.  


13 Go to lunch  
with your  
favorite gal  
pal!  
  
HAPPY  
Galentine's  
DAY.

14   
Take yourself  
on your own  
Valentine's  
date.

15   
Connect today  
with someone  
who is positive,  
inspiring, and  
encouraging!

16   
Just for today,  
make a concerted  
effort not to worry.  
If you find yourself  
worrying, smile and  
say silently in your  
mind, "Just stop it."

17   
Today is a BIG day!  
It's the new moon and  
the start of  
the Year of the  
FIRE HORSE! It's a  
perfect day to set your  
intentions for the rest  
of the year!

18   
Write down 8  
things you think  
are beautiful  
about you.

19   
Plan a Saturday  
overnight away  
in a beautiful  
place - with just  
you.

20   
Write a love  
letter to yourself.  
Thank yourself for all  
you've been through  
and all you've done.  
Tomorrow, MAIL IT  
to yourself!

21   
It's a  
Fire  
Horse  
year!  
  
Manifest! Manifest!  
Manifest!  
Create a vision board  
of everything you  
dream of achieving!

22   
z Z Z Z  
  
Take a looong  
nap today!

23   
Take one action  
toward a big dream  
you put on your  
vision board, even if  
it's intimidating.

24   
shhhh...  
Spend 10  
minutes today  
in peaceful  
silence.

25   
Say  
"NO!"  
to toxic  
people  
today!  
(and forever)

26   
Wave in that  
person who's been  
waiting to turn  
into traffic. Don't  
be that person  
who looks away.

27 NO!  
Start a practice  
setting boundaries  
—say "NO" to  
something that drains  
your energy. No need  
to explain: NO is a  
complete sentence!

28 YES!  
Write down your wins  
from the month and  
celebrate yourself!  
  
Then commit to saying  
"YES" to something  
that scares you  
and excites you!



LUVothers. LUVyourself. LUV, LUV, LUV!

Happiness Element  
happinesselement.com

Camp Atta Girl!  
campattagirl.com