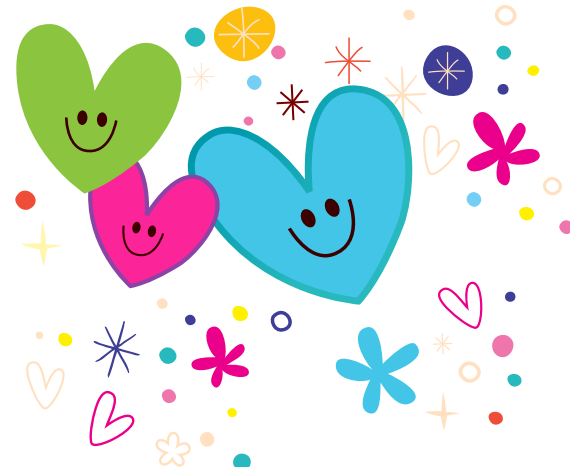


2026

# LUV-u-ary!

A month to  
**love yourself big!**



**1** 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!

*Galentine's* HAPPY 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**

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!