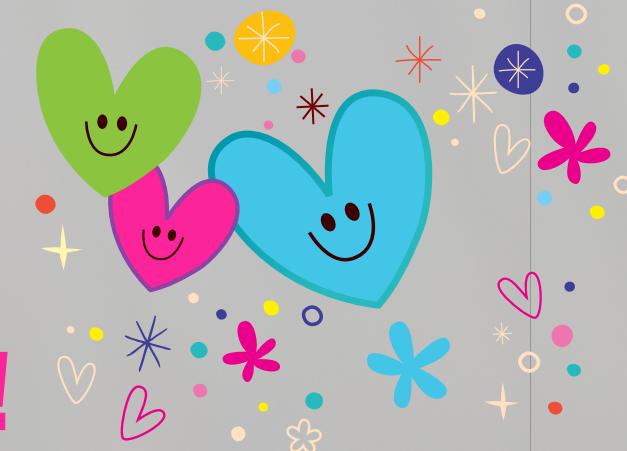


2026



-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 ZZZ
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