

# 2026 FEBRUARY

## Caregiver Self Love Challenge



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Catch up with a friend 	2 Make time for your favorite hobby	3 Write down 5 things you are grateful for	4 Ask for help with small tasks	5 Try a calming bedtime routine	6 Cook your favorite meal	7 Take a 15 minute walk 
8 Listen to your favorite music	9 Search for a support group	10 Try some deep breathing exercises 	11 Read a chapter (or more) of a new book	12 Tidy up your living space for 15 minutes	13 Get yourself a small gift! 	14 Do something kind for yourself
15 Check in with yourself. What do you need today?	16 Schedule lunch with family or friends 	17 Take a break from social media	18 State 3 positive affirmations	19 Try a new exercise class	20 Catch up on your favorite TV show	21 Enjoy your favorite sweet treat 
22 Try a guided mediation 	23 Cook yourself a healthy breakfast	24 Spend 10 minutes stretching	25 Write down 1 thing you are looking forward to	26 Schedule a doctor's appt. you've been putting off	27 Have a movie night in 	28 Try something new!