

# DECEMBER | self-care calendar

mon

tue

wed

thu

fri

sat

sun



					<p>meditate/quiet time</p> <p>meet your water goal</p> <p>get 30 mins of movement</p> <p>3 servings of fruit/veggies</p> <p>at least 6 hours of sleep</p>	

you have to nowish to flourish