

FEBRUARY MONTHLY CHALLENGE FREE PRINTABLE



MONDAY START BLANK GOOD THINGS COVER

*february 4th-10th*

**M:** SELF-LOVE MANTRA

**T:** MY HAPPY PLACE

**W:** SITTING IN SILENCE

**T:** SEND A CARD TO A FRIEND

**F:** MY FAVORITE HOBBIES

**S:** SPRING CLEANING TO-DO LIST

**S:** SELF-CARE SUNDAY

*february 11th-17th*

**M:** START A GOOD HABIT TODAY

**T:** BINGE WORTHY TV SHOWS

**W:** YOUR FAVORITE TREAT

**T:** SELF-DATE IDEAS

**F:** MONTHLY GOAL CHECK-IN

**S:** CREATE SOMETHING

**S:** RANDOM ACT OF KINDNESS

*february 18th-24th*

**M:** YOUR GOALS FOR THE WEEK

**T:** WRITE DOWN YOUR FEARS & BURN THEM

**W:** FAVORITE SELF CARE QUOTE

**T:** LEARNING SOMETHING NEW

**F:** ULTIMATE STAYCATION IDEAS

**S:** DE-CLUTTER ONE SPACE

**S:** TREAT YOURSELF

*february 25th-28th*

**M:** SELF-CARE BINGO

**T:** MOST MEMORABLE PART OF THE MONTH

**W:** 3 BIGGEST LESSONS LEARNED

**T:** 3 THINGS TO IMPROVE ON NEXT MONTH

**F:** MARCH MONTHLY SPREAD

**S:** MARCH GOALS

**S:** MARCH MANTRA

SUNDAY START BLANK GOOD THINGS COVER

*february 3rd-9th*

**S:** FEBRUARY GOALS

**M:** SELF-LOVE MANTRA

**T:** MY HAPPY PLACE

**W:** SITTING IN SILENCE

**T:** SEND A CARD TO A FRIEND

**F:** MY FAVORITE HOBBIES

**S:** SPRING CLEANING TO-DO LIST

*february 10th-16th*

**S:** SELF-CARE SUNDAY

**M:** START A GOOD HABIT TODAY

**T:** BINGE WORTHY TV SHOWS

**W:** YOUR FAVORITE TREAT

**T:** SELF-DATE IDEAS

**F:** MONTHLY GOAL CHECK-IN

**S:** CREATE SOMETHING

*february 17th-23rd*

**S:** RANDOM ACT OF KINDNESS

**M:** YOUR GOALS FOR THE WEEK

**T:** WRITE DOWN YOUR FEARS & BURN THEM

**W:** FAVORITE SELF CARE QUOTE

**T:** LEARNING SOMETHING NEW

**F:** ULTIMATE STAYCATION IDEAS

**S:** DE-CLUTTER ONE SPACE

*february 24th-28th*

**S:** TREAT YOURSELF

**M:** SELF-CARE BINGO

**T:** MOST MEMORABLE PART OF THE MONTH

**W:** 3 BIGGEST LESSONS LEARNED

**T:** 3 THINGS TO IMPROVE ON NEXT MONTH

**F:** MARCH MONTHLY SPREAD

**S:** MARCH GOALS