



2025

**Life - Breath - Hope - Love**  
selfcare.wellbeing@mail.com



lifelong learning  
a journey to fulfillment

## Jan

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15  
16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



love is in you 

## Feb

1 2 3 4 5 6 7 8 9 10 11 12 13 14  
15 16 17 18 19 20 21 22 23 24 25 26 27 28

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authentic.self

self-accept

self-aware

**Mar**

**1** **2** 3 4 5 6 7 **8** **9** 10 11 12 13 **14** **15**  
**16** 17 18 19 20 21 **22** **23** 24 25 26 27 28 **29** **30** 31

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in **deep**  
**flow**  
&  
**rhythm**

**Apr**

1 2 3 4 **5 6** 7 8 9 10 11 **12** **13** 14 15  
16 17 18 **19 20** 21 22 23 24 25 **26 27** **28** 29 30

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living in a state of gratitude

## May

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15  
16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

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your presence is enough



## Jun

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15

16 17 18 19 20 21 22 23 24 25 26 27 28 29 30

# Jul

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15  
16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

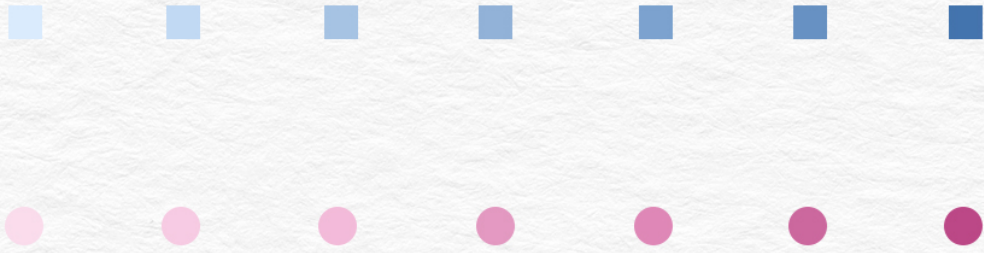
self-compassion



May I give myself  
the **compassion** I need.

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trust the process

**Aug**

1 **2** **3** 4 5 6 7 **8** **9** **10** 11 12 13 14 15  
**16** **17** 18 19 20 21 22 **23** **24** 25 26 27 28 29 **30** **31**

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# Sep

1 2 3 4 5 **6** **7** 8 9 10 11 12 **13** **14** 15  
16 17 18 19 **20** **21** **22** 23 24 25 26 **27** **28** 29 30




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full of **breath**

full of *life*

**Oct**

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	
16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31

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Nov

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15  
16 17 18 19 20 21 22 23 24 25 26 27 28 29 30

healthy boundaries

make space

*for*

*your  
growing*

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bring **purpose** to life



**Dec**

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15  
16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



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