

August 2020

A Time for Healing



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1 Spread the healing, share this calendar with a friend, family member or co-worker.
2 Apologize to someone with whom you've had a past conflict.	3 Ask a co-worker how they are doing, and really listen to their answer.	4 Send a letter or a text to someone to tell them how much you appreciate them.	5 Remind yourself that you are doing the best you can.	6 Notice the joy to be found in the simple things of life.	7 Tell a co-worker why you appreciate them today.	8 Find a new perspective on a problem you face.
9 Do something to overcome an obstacle you are facing.	10 Start a meeting with a roundtable of celebrations.	11 Remember that things can change for the better.	12 If you can do something small.... do it! It can make a big difference to someone.	13 Journal emotions, feelings, and thoughts that allow you to further visualize what you have learned.	14 Have a conversation with someone today and listen, really listen to what they are saying.	15 Read an article or book about a culture different than yours.
16 Light a candle and enjoy some quiet time.	17 Take a minute to focus and take a few deep breaths.	18 Pick up a plant and help it grow.	19 Sit in the sunshine and reflect.	20 Where can you find joy today?	21 Pay for a stranger's coffee or afternoon snack.	22 Take a walk, and wave at those you pass.
23 Draw something and allow your mood to dictate the result.	24 Set a goal that links to your sense of purpose in life.	25 Reach out to someone you trust and share your feelings with them.	26 Slow down and enjoy your surroundings.	27 Take time to reflect on what you have achieved this week.	28 Think of three things that give you hope for the future.	29 Disrupt your own bias. Is what I'm telling myself really true? What do I know for sure? What can I do to help?
30 Given what I know for sure, what is the next best action that would add value?	31 Leave art for someone to find.	Notes				