

August 2021



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Take a photo of something you enjoy and keep it visible to spark joy.	2 Take time to look up at the sky. Remember we are all part of something bigger.	3 Regularly pause, stretch and breathe throughout the day.	4 During a break today, spend 15-minutes walking outdoors.	5 Relax your mind with yoga, tai chi or guided meditation.	6 Practice positive gossip sharing in people's accomplishments & celebrating achievements.	7 Turn off all digital devices and enjoy the day device free.
8 Start a daily routine. Physical – Drink a glass of water before bed and first thing in the morning.	9 Spend 15-minutes or more reading.	10 Research a subject you know nothing about.	11 Get in touch with nature for 30 minutes. Take off your shoes in the grass. This is called grounding.	12 Do a social media cleanse. Remove anyone who you have negative associations with.	13 Start an evening routine. Find one positive thing to say about the day, no matter how small it is.	14 Declutter your life to reduce stress. Explore the KonMari Method™
15 Schedule a “me day”. No phone, no work, no family, no friends, just you doing something relaxing	16 Explore your financial security. Get a free credit report. Use this to set new goals for yourself!	17 Investigate a tool that will help increase productivity.	18 Schedule a one-on-one “date” with every person in your house.	19 Listen to a podcast that you find interesting.	20 Download phone wallpaper with positive reminders to view daily	21 Say Yes – Say yes to something fun today that you've never done before!
22 Incorporate Hygge into your Home - Hygge is “an art of creating intimacy”	23 Create margin in your life. If your schedule is just too full then it might be time to cut things out.	24 Challenge yourself to 24 hours of no complaining	25 Research uplifting quotes	26 Pop bubble wraps and air pillows as a way to relieve stress.	27 Write 3 intentions for yourself and put them somewhere visible as a reminder.	28 Create a Zen Den in a small space to o promote a sense of calm and relaxation
29 Write a love letter to your future self	30 Limit the use of stimulants like caffeine, which can elevate the stress response in your body.	31 Create a DIY self-care kit of things that make you feel better	1	2	3	4
5	6	Notes				