

2022 AUGUST

Habit is the intersection of knowledge (what to do), skill (how to do), and desire (want to do). -Stephen R. Covey

THE POSITIVITY PROJECT

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	01 Create a list of intentions for the month.	02 Make a bucket list and start by completing one thing on it by the end of this month.	03 Make a homecooked meal.	04 Listen to a podcast related to developing good habits.	05 Send an uplifting text.	06 Create a "rest of summer" reading list.
07 Do something you think you cannot do.	08 Book an appointment you have been holding off.	09 Have a phone free morning/evening.	10 Record a favorite memory.	11 Start a do-it-yourself project you have been putting off.	12 List things you are grateful for.	13 Keep a special journal of inspiring quotes.
14 Commit to seven days of saying a daily affirmation.	15 Run an errand for someone.	16 Leave a thank you note to your letter carrier.	17 Watch the sunset.	18 Enjoy a childhood hobby.	19 Watch the sunrise.	20 Recognize your own unconscious biases and work to overcome them.
21 Make a vision board.	22 Slow down so someone can merge in front of you in traffic.	23 Donate your old cell phone or other electronics to charity	24 Change three small things about your routine that will help the environment.	25 Listen to an inspirational podcast or TED talk.	26 Dedicate time to thinking about the future; it can give your life more meaning.	27 Keep up your friendships.
28 Mentor someone this month and share your expertise.	29 Take a moment to recognize your achievements no matter how small or large.	30 Listen intently and don't interrupt.	31 Be accountable for everything you do or say today.	01	02	03
04	05	06	07	08	09	10
<i>I fear not the man who has practiced 10,000 kicks, but I do fear the man who has practiced one kick 10,000 times. -Bruce Lee</i>						