

A Month of Wellness

Taking care of yourself intentionally

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	
				Set a goal to replace a bad habit with something good for you.	Make a list of your best qualities.	Fun Day! Do something unexpected. Note what you did.
3	4	5	6	7	8	9
Check in with yourself. How are you doing?	Spend 15 minutes reading an inspirational book for work. See book list for possibilities.	Wander around the office or campus and ask someone how their day is going and really listen to them.	Spend 15 minutes getting to know someone.	Ask your best friend for a list of things they admire about you.	Make a conscious effort to greet the people you pass while at work today.	Fun Day! Do something unexpected. Note what you did.
10	11	12	13	14	15	16
Check in with yourself. How are you doing?	Send a note or card to someone telling them what they mean to you.	Ask a person who inspires you how they became successful.	Spend 30 minutes being quiet.	Ask someone you work with what is your best quality.	Send a note or card to yourself with an encouraging message.	Fun Day! Do something unexpected. Note what you did.
17	18	19	20	21	22	23
Check in with yourself. How are you doing?	Spend 15 minutes reading an inspirational book for work. See book list for possibilities.	Set a work related goal that you want to achieve. Begin planning for your success.	Take a class or seminar in something that interests you.	Give your boss a compliment.	Take a walk and take note of something that you have never noticed before.	Fun Day! Do something unexpected. Note what you did.
24	25	26	27	28	29	30
Check in with yourself. How are you doing?	Send a note or card to someone telling them what they mean to you.	Fun Day! Do something unexpected. Note what you did.	Share a success with a person you trust and define what you learned in the experience.	Share a failure with a person you trust and define what you learned in the experience.	Buy yourself a gift for being you.	Celebrate achieving your goal for the month.