

May

2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Write your why...	2 Do a favor for someone.	3 Watch the sunset.	4 Thank your body for...	5 Share one goal with someone.	6 Listen to a favorite song.
7 Tell someone they inspire you.	8 Take a break for 20 minutes.	9 Eat something mindfully.	10 Set (and keep) a water goal.	11 Make it a sugar free day.	12 Indulge in a food in moderation.	13 Declutter one space
14 Give yourself a compliment.	15 Post a picture from nature.	16 Breathe deeply for one minute.	17 Try to mediate for 10 minutes	18 Try a new activity.	19 Post a favorite quote.	20 Organize your refrigerator.
21 Cook a favorite recipe	22 Tell a joke to someone.	23 Take a walk after work.	24 Get yourself a little gift.	25 Play a game.	26 Use positive self-talk.	27 Have a fancy drink
28 Do something creative.	29 Get a good night's sleep.	30 Try a new fruit or vegetable.	31 Make a list of 5 things you love.			