








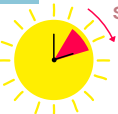

























Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						 Write down three things you're grateful for
 Practice five minutes of deep breathing	 Take a tech-free walk outdoors	 Reach out to a friend you haven't spoken to in a while	 Watch an uplifting or inspiring video	 Try a relaxation technique like meditation or stretching	 Listen to a podcast or audiobook that inspires you	 Declutter one area of your workspace or home
 Enjoy a screen-free evening 	 Spend 15 minutes doing a creative activity (doodling, painting, writing)	 Read an article or book on mindfulness	 Share an encouraging message with someone	 Try a yoga or stretching routine	 Spend time outside and observe nature	 Organize your digital files and folders
 Reflect on one personal success this month	 Listen to calming music or nature sounds 	 Spend time journaling about your day	 Plan a fun activity with a loved one	 Spend time on a hobby you enjoy	 Light a candle or use essential oils for relaxation	 Smile at everyone you see today
 Take a 10-minute break to simply breathe and relax	 Celebrate one way you've grown this month	 Research a new mental health tip or practice	 Write a positive affirmation and read it daily	 Watch a comedy or something that makes you laugh	 Reflect on the month and journal your favorite moments	 Take a moment to write a heartfelt thank-you note or message to someone
 Spend time writing down goals that inspire you and reflect your dreams	 Dedicate 10-15 minutes to sitting in complete silence and simply enjoy the peace					

DON'T FORGET!
YOU GET 5 FREEBIE
DAYS :)

Complete your monthly calendar + month-end survey
to be entered to win 1 of 4 Amazon Gift Cards! (\$50 value) Refer to

<https://www.nwoesc.org/thriving-together-challenge.aspx> for more details.

NEXT MONTH: "SPRING INTO ACTION" STEP CHALLENGE