



USD 498 Wellness

2022
January

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						 1
2 Create a bucket list, and make plans to start it	3 Drink 8 glasses of water	4 Call someone you haven't talked to in a while	5 Create a playlist of music that makes you happy	6 Stretch	7 Share, what made you smile today	8 Try a new food or recipe
9 Capture pictures outdoors	10 Eat breakfast	11 Put on a homemade face mask	12 Find shapes in the stars	13 Burn a candle or diffuse some oils	14 Write a hand written thank you note	15 Dance during chores
16 Connect with an old friend	17 Change negative thoughts to positive	18 Play a board game	19 Take social media breaks	20 Find ways to belly laugh	21 Try sleeping with a weighted blanket	22 Order in dinner
23 Take a nap without feeling guilty	24 Forgive yourself or someone else	25 Organize a cluttered space	26 Try a new hobby	27 Try infused water	28 Listen to a self-help podcast	29 Take a mental health day
30 Take a nap without feeling guilty	31 Ask for an old family recipe and make it					

Complete and Cross of 20 days to receive 10 Wellness Points!

