



# USD 498 Wellness

2022  
March

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Go to bed 1 hour earlier than usual	2 Journal 10 things you're grateful for	3 Take a walk outdoors	4 Call someone you love	5 De-clutter your room or desk
6 Take a social media sabbatical	7 Make a list of short term goals	8 Make the most epic, creative salad you can think of	9 Slow down. Sit & watch the sunset	10 Get rid of 5 things you never use	11 Enjoy the sun. Eat lunch outside	12 Unsubscribe from unnecessary emails
13 Send an encouraging text to 5 people	14 Wake up 30 minutes earlier for spiritual time	15 Plan a tea/smoothie date with a friend	16 Go the entire day without complaining	17 Buy yourself flowers	18 Make time for a wholesome breakfast	19 Do one thing you've been putting off
20 Don't overthink. Practice being present	21 Eat lunch without doing any work	22 Turn off your phone for 2 hours	23 Wear something that makes you feel confident	24 Give a compliment to a stranger	25 Have a game night with friends	26 Try out a new recipe
27 Practice generosity	28 Send a card to your friend	29 Make yourself a homemade pizza and relax	30 What do you need more of today? Make time for it!	31 Call a long lost friend		
						

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

