

# MARCH 2023



Let's **MARCH TO OUR GOALS** this month!

It's 'March to Your Goals' month. The simple act of writing down your goal will make it more likely that you will achieve it. Trying something new takes courage. Conquering something new creates self-confidence and pride.

SUN

MON

TUES

WED

THUR

FRI

SAT

						1	Set a goal for March! What can you learn, read or make this month?	2	Celebrate Dr. Seuss' birthday by reading a new book. 	3	Make a pot to collect coins for good deeds. How much "gold" can you earn by St. Patrick's Day?	4	It's National Play Outside Day. <i>Have a lot of fun</i>
5	Say a positive affirmation like, "I am brave."	6	Help to make the world a better place. Share a smile all day long! 	7	Do a happy dance and celebrate how special you are.	8	March goal check-in. What can you do to reach your goals? 	9	Be compassionate and help someone today. 	10	Take a 1-minute meditation break. 	11	Do a kind act for a family member or friend. 
12	It's Plant-a-Flower Day. Plant some seeds and watch them grow!	13	Observe nature. Watch the clouds move or the birds fly. 	14	Play a card game or board game.	15	Do something to help reach your March goal. 	16	Name 3 things you are good at doing.	17	Happy St. Patrick's Day! How full is your pot of gold? 	18	Look up and out at the world with a device-free day.
19	Create a Choose Love sign. 	20	It's the first day of Spring. Take a walk outside. 	21	Celebrate World Poetry Day! Read a poem or write one for someone special.	22	Keep reaching for your March goal. Don't be afraid to ask for help!	23	It's National Puppy Day! Snuggle with a furry companion. 	24	Be a good helper today. 	25	Look around and spot 3 things that make you happy.
26	Show gratitude for people making your life better. 	27	Take a 1-minute meditation break. 	28	Show kindness to all animals. 	29	March goal check in! Are you almost finished? 	30	Close your eyes, take a deep breath and feel calm. 	31	Did you complete your goal? Yes? Hooray! No? Keep at it!		

"What you get by achieving your goals is not as important as what you become by achieving your goals." –Henry David Thoreau