

AUGUST 2023

| SUN | MON | TUE | WED | THU | FRI | SAT |
|-------------------------------|------------------------------|------------------------------|--------------------------------|--|---------------------------|---------------------------------|
| | | 1 Go for a nature walk | 2 Meditate for 10 mins | 3 Try a new recipe | 4 Write in a journal | 5 Take a digital detox |
| 6 Do a creative activity | 7 Practice deep breathing | 8 Have a home spa day | 9 Find new music | 10 Read a book for fun | 11 Go for a run | 12 Connect with a friend |
| 13 Take a nap | 14 Practice gratitude | 15 Try a new hobby | 16 No social media | 17 Do some yoga or stretch | 18 Watch a movie | 19 Donate to a cause |
| 20 Practice mindful eating | 21 Write your goals | 22 Take a bath or hot tub | 23 Explore a park or garden | 24 Declutter your home | 25 Learn something new | 26 Use positive affirmations |
| 27 Draw, paint or doodle | 28 Random act of kindness | 29 Watch sunrise/sunset | 30 Do a 15-min home workout | 31 Reflect on your accomplishments and growth | | |