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| March |  |
|  | 2020 |
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| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Listen to a song that makes you smile.  | Choose an affirmation for the week.  | Focus on the positives.  | Drink lots of water today.  | Think about your goals: Are you working towards them? | Take a nap after work or have some “me” time | Do something active and fun.  |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| Spend some time alone.  | At the beginning of the day, list a few things you are thankful for. | Spend some quality time with loved ones.  | Watch a funny video during lunch.  | Call a friend after work.  | Treat you’re self! | Sleep in!  |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| Get 7-8 hours of sleep.  | Eat a healthy lunch. | Do some yoga moves today. [Yoga for kids](https://www.health.harvard.edu/blog/more-than-just-a-game-yoga-for-school-age-children-201601299055) | Call or text someone you love. Check on how they are doing.  | Eat a meal outside (weather permitting) | Watch your favorite show.  | Bake or cook your favorite treat. |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| Take a nap. [Nap Benefits](https://www.apa.org/monitor/2016/07-08/naps) | Choose a quote to get you through this week and share with someone.  | Read for 20 minutes (even if it is the news on your phone).  | Skip the TV and try a new hobby.  | Order pizza or take out, leave the cooking for another day!  | Cuddle your pet, kids, or partner.  | Journal for ten minutes.  |
| 29 | 30 | 31 |  |  |  |  |
| Declutter your space.  | Think about your “WHY.” | Take a long shower or bubble bath. |  |  |  |  |
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