

September 2019

Change happens one day at a time!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Reset your circadian clock...go to bed 30 minutes earlier than normal this week	2 Drink a glass of water as soon as you get up today. 	3  Try a new workout class...bring a buddy!	4  Be aware of negative talk. Say something positive about yourself	5 Sit quietly for 5 minutes and focus on your breath. Set a timer! 	6 Stimulate brain power!  Do a crossword, word search or Sudoku puzzle	7 Drink herbal tea before heading to bed 
8 <i>Talk More!</i> Detox from social media and your cell phone just for today.	9  Stand and move every 60 minutes throughout your day	10 Go for a walk at lunch...connecting with nature lowers Blood Pressure 	11  Eat slow & mindful! Notice the flavors. Savor each bite.	12 <i>Just Breathe!</i> Reduce pain... Take 4 deep breaths a few times throughout the day	13 <i>gratitude</i> End your day with gratitude. Write 3 things you are thankful for.	14  Lend A Hand Helping others feels wonderful!
15 Prep at least a few meals for the coming week	16  Start off with a healthy breakfast	17  Exercise 30 minutes most days of the week	18  Include a vegetable at every meal	19 Create healthy boundaries. Say No to something today.	20  Schedule a detox and de-stress Spa day!	21 Listen to your favorite music. Dance like no one's watching! 
22  Pack a lunch for work tomorrow.	23  Meatless Monday	24  Write down 5 things you are proud of today	25  Try 5 minutes of yoga stretches before bed	26 Compliment someone today. Show gratitude.	27  Don't hit the snooze today. Rise and shine! Take 5 minutes to stretch.	28  What do you want to change in your life. Write down one thing and go for it!
29 Laugh More! Rent a funny movie. Tell a joke. Go to a Comedy show 	30 Create a list of 3 positive intentions for next month!  +positive+vibes+	<p><i>Cherish Yesterday * Dream Tomorrow * Live Today</i></p>				