























September 2019

Change happens one day at a time!

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