

AUGUST 2023



SUN	MON	TUE	WED	THU	FRI	SAT
		1 Make it a point to notice what you do well today and celebrate yourself.	2 Leave a positive note for yourself where you will see it again.	3 Ask a loved one to tell you what strengths they recognize in you.	4 Make time to be still and just breathe.	5 Enjoy photos from a time with happy memories and people dear to you.
6 Share an encouraging news story to inspire others.	7 Do something that makes life easier for someone else.	8 Consider how you can help the planet today and take steps to make it happen.	9 Go as long as you can without electronic devices.	10 Pay it forward or support a good cause.	11 Share food today with someone who would appreciate it.	12 Try an Inner Explorer Sound Practice that you haven't heard before.
13 Send an uplifting message to someone you can't be with.	14 Take time to reflect on what you have accomplished recently.	15 List three things that give you hope for the future.	16 Look for something positive in a difficult situation.	17 Challenge negative thoughts by asking yourself, "Is that really true?"	18 Get outside today and take a few deep breaths while listening to the sounds around you.	19 Notice if you feel judgmental today and shift your thoughts to be kind to others.
20 Write a kind note for someone and leave it where they will find it.	21 When you make a mistake, pause and be kind to yourself.	22 Speak to others in a warm friendly way.	23 Write a letter of gratitude for someone who has made a positive impact on you.	24 Share a happy memory with someone special.	25 Re-frame a worry and find a helpful way to think about it.	26 Show appreciation for people who help others.
27 Make a list of all the beautiful living things near your home.	28 Practice self-care and take extra time to do something relaxing.	29 Eat nourishing food all day and drink 6-8 glasses of water.	30 Rediscover a joyful activity from your youth. Color, sing, dance or play.	31 Make a list of what brings you joy and keep adding to it.		