

Vitality Calendar

september 2023 | Get vital in 30 days!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
28	29	30	31	1 Write down how you want to feel after 30 days	2 Go for a leisurely walk	3 Do something you think is fun
4 Hug someone you love	5 Start a new book or podcast	6 Plan an activity or date with yourself to look forward to	7 Detox one day from social media	8 Do something nice for somebody else	9 Drink at least 8 glasses of water	10 Commit to a day of eating nutritious food
11 Try something new in terms of vitality	12 Find a quiet spot and read a book	13 Give someone else and yourself a compliment	14 Meditate for 5 minutes	15 Reflect on the first half of this month	16 Go out in nature and avoid things that may distract you	17 Do something spontaneous today
18 Avoid caffeine for a day	19 Breathe calmly through your belly for 5 minutes	20 Name 3 things you are grateful for	21 Name 3 things that make you stressed out	22 Call someone to tell them you love them	23 Prepare your favorite dish	24 Take a (part of a) day for yourself
25 Minimize the number of hours you sit today	26 Bring your favorite nutritious snack to work	27 Take 5 minutes to stare out of the window	28 Name what makes this day special for you	29 What did you enjoy most and what will you continue to do?	30 Watch the sunrise or sunset	1