

| MON | TUE | WED | THU | FRI | SAT |
|--|---|---|--|---------------------------------------|---|
| | 1 TALK TO A CLOSE FRIEND OR FAMILY MEMBER | 2 GO OUT FOR A WALK | 3 CREATE A BUCKET LIST | 4 MEDITATE FOR 15 MINUTES | 5 ORGANIZE ONE ROOM IN YOUR HOME |
| 7 LISTEN TO YOUR FAVORITE SONG | 8 FACETIME WITH FRIENDS OR FAMILY | 9 WRITE 10 THINGS YOU'RE GRATEFUL FOR | 10 TAKE A CALMING BATH OR SHOWER | 11 GO ON A NATURE WALK | 12 WRITE DOWN 3 GOALS FOR YOURSELF |
| 14 DISCOVER OR GO ENJOY YOUR HAPPY PLACE | 15 WRITE 5 THINGS YOU LIKE ABOUT YOURSELF | 16 EXPLORE NEW MUSIC | 17 PLAY WITH A PET | 18 TRY SOMETHING NEW | 19 WATCH YOUR FAVORITE MOVIE OR TV SHOW |
| 21 GET A GOOD NIGHT'S SLEEP | 22 DO SOMETHING YOU'VE BEEN PUTTING OFF | 23 CHANGE UP YOUR DAILY ROUTINE | 24 TRY OUT A NEW EXERCISE CLASS ONLINE | 25 WATCH CUTE ANIMAL VIDEOS | 26 CLEAN OUT YOUR DRESSER OR CLOSET |
| 28 DANCE AROUND YOUR ROOM | 29 MAKE SURE YOU DRINK ENOUGH WATER | 30 CONGRATULATE YOURSELF | | | |

SEPTEMBER

