



Daily Dose of Oxygen

MARCH 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			Be proud - write yourself a "You go boy/girl" note and stick up where you can see it daily 1	Yoga wind down - try 5-10 minutes of yoga before bed (lots of videos online) 2	Step back from the noise. Take 15-30 minutes to come down from your week. 3	Commit to a social-media free day 4
Self-coaching Sunday: 5 How can I shift my focus to what I can control?	Oxygen mantra for the week - "I choose courage over comfort." 6	Do something kind for someone else today 7	Hydrate - commit to drinking 6-8 glasses of water today 8	Press Pause - take 15 min to press pause and catch your breath today - close the office door 9	Reflection Friday - jot down one thing you did well this week 10	Do something outdoors (walk, watch the sunset, etc.) 11
Self-coaching Sunday: 12 "What can I do this week that will bring me more peace?"	Oxygen mantra for the week - "I am free of worry and regret." 13	Shut down email by 5:00 PM today - don't worry - it will be there tomorrow 14	Phone a friend or family member - tell them why you are grateful for them 15	Take a walk at the end of the day - before heading home - refocus your brain 16	Treat yourself or a loved one to dinner by candlelight 17	Let it go - jot down two worries that you can't control - choose to let them go 18
Self-coaching Sunday: 19 "Where do I need to step out of my comfort zone?"	Oxygen mantra for the week - "No matter what is left undone, I know I am enough." 20	Try a 5 minute meditation before bed (try an app to help if you need to) 21	Music is good for the soul - blast your favorite song & dance to it - try it mid-day 22	Go to bed at a time that will allow you at least 8 hours of sleep 23	Connect - eat lunch with a colleague or friend (even if it's on Zoom) 24	Get some exercise - run, walk, ride a bike, yoga, dance - get up and move 25
Self-coaching Sunday: 26 "What boundaries do I need to set this week?"	Oxygen mantra for the week - "I serve with excellence and grace." 27	Gut health - start your day with a healthy breakfast 28	Give mindful drawing, coloring, or journaling a try 29	Decompress after work - stop at a coffee shop, store, or restaurant you love 30	Brisk morning walk or 20 jumping jacks at home 31	

Daily Dose Challenge: Let's get physical. Create a daily exercise ritual. Consider a 5-10 minute morning or evening workout (there are dozens of videos on YouTube). It can even be a daily 5-10 minute brisk walk or jog. Stick to it at least 5 days per week. Take a photo and tweet it out to encourage your colleagues to "get physical." Tag @EdleaderLifefit in your tweet with the hashtag #DailyDoseChallenge.