August 2024

Daily Dose of Oxygen

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Evening meditation- Sit quietly or take a mindful walk for 15 min	2 Mood Music - Start your day with a song that gets you moving; Play it on full blast	3 Enjoy a 30 minute walk today
4 SCS: How will you manage your focus this week?	5 Oxygen Mantra: "I am human first."	6 Phone a friend—do NOT discuss work	7 Enjoy 30 minutes of TV or pleasure reading	8 Write down three things for which you are grateful	9 Start your day with a healthy breakfast. Take a moment to actually enjoy it	10 Set your alarm to watch the sunrise or sunset
11 SCS: What small daily choices will you make this week to show up as your best self?	12 Oxygen Mantra: "I choose courage over comfort."	13 Water challenge—Drink 6-8 glasses today	14 Carve out a few minutes this evening to play a game with a friend or family member	15 Turn off your computer by 5:30 PM	16 Write yourself a thank you note	17 Schedule a massage
18 SCS: Take a few minutes to set your top priorities for the week	19 Oxygen Mantra: "I can live well and lead well."	20 Choose to focus on the things you can control/influence.	21 Press pause - Mid-day meditation 5-10 minutes	22 Close your door for a few minutes and enjoy your lunch	23 Find one success from your week & take a victory lap	24 Do something just for fun
25 SCS: What one thing will you commit to for yourself this week?	26 Oxygen Mantra: "I choose grit and grace."	27 External order increases your discipline; Take a few minutes to organize your space	28 Be where your feet are today; be fully present	29 Try the 60/10 balance cycle; Focus for 60 min - take a 10 min refuel break	30 Journal writing- reflect on your wins and opportunities	31 Create a plan to increase your physical exercise next month

*SCS = Self Coaching Sunday

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