

# November 2022

## Daily Dose of Oxygen



S	M	T	W	T	F	S
		1 Schedule white space in your day or week - make time to just think and plan	2 Connect on a personal level with a colleague	3 Enjoy your lunch for at least 20 minutes today - close the door	4 Take a few minutes to journal 2 praises and 1 polish from the week	5 Reflect on your eating habits - make a plan to improve one thing
6 Self-coaching Sunday - How do you need to adjust expectations of yourself in this season of life?	7 Oxygen mantra for the week: "I can be a strong leader & human at the same time."	8 Start the day with a 5 min. meditation - Make this a daily practice	9 Check in with another school leader today - share something positive	10 Set an alarm for a 15 minute break today. Take a moment to slow down	11 Leave work at the end of the actual work day today	12 Be present with yourself or a family member for a full 30 min. today
13 Self-coaching Sunday - Where in your life is discipline hardest for you?	14 Oxygen mantra for the week: "I am uniquely designed for this work."	15 No complaining challenge - choose to be grateful instead	16 Mid-week celebration - Write down 1 thing that's going well this week	17 Take a mid-day walk - out-side-around your building (Alone)	18 Wind down your week with some quiet time - sit still with calming music and candlelight	19 Commit to a work-free day.
20 Self-coaching Sunday - How can you grow in your self-control this week?	21 Oxygen mantra for the week - "I choose an attitude of gratitude."	22 Schedule a day or half day off just for you (within the next month)	23 Call a friend or colleague to share how much you appreciate him/her	24 Commit to engaging with family and friends - no work today	25 Tweet out - One person for whom you are grateful	26 Feed your soul - Listen to an inspiring Podcast - Try Brene Brown's Dare to Lead
27 Self-coaching Sunday - What's one thing you can remove from your plate this week?	28 Oxygen mantra for the week - "I am enough."	29 Write a thank you note to yourself	30 Aromatherapy bath or shower - light a candle and relax			
<p>Consider leaving your Smart Watch at home for a day. How does it feel to be a little less "connected" or "distracted" by the constant buzzing? Did the world stop? It won't be easy but your brain will enjoy the break!</p> <p>  @Edleaderlifefit             Life-fit Edleader         </p>						