



*Daily Dose of Oxygen*

SUN	MON	TUE	WED	THU	FRI	SAT
						Take a "nature" walk <sup>1</sup> today.
<sup>2</sup> Create healthy boundaries - schedule your "oxygen doses" for the week	<sup>3</sup> Oxygen mantra for the week - "I am doing great work."	<sup>4</sup> Eat 3-5 servings of fresh fruit today.	<sup>5</sup> What's one thing you can say "no" to that will "give you back" 10 minutes?	<sup>6</sup> Plan a staycation.	<sup>7</sup> Declutter - choose a space to declutter and organize.	<sup>8</sup> Date your significant other OR yourself -enjoy brunch
<sup>9</sup> Wake up to see the sunrise.	<sup>10</sup> Oxygen mantra for the week - "I choose a positive outlook."	<sup>11</sup> Eat a healthy breakfast.	<sup>12</sup> Connect with a friend or family member over dinner.	<sup>13</sup> Slow down - instead of aiming to complete a list of 10 things - aim for your top 3 must dos	<sup>14</sup> Repeat: "It is okay to rest."	<sup>15</sup> Have a picnic outside - by yourself or with family
<sup>16</sup> Check your schedule - have you intentionally scheduled at least 20 min for you each day?	<sup>17</sup> Oxygen mantra for the week - "Recharging is important to me and my family."	<sup>18</sup> Spend 30 min. today reflecting on your successes this year. Jot down 3 successes.	<sup>19</sup> Schedule a half-day (or full) to do absolutely nothing.	<sup>20</sup> Choose progress over perfection..	<sup>21</sup> Connection matters - call a friend and schedule a lunch date	<sup>22</sup> Consider trying something new this weekend.
<sup>23</sup> What's one small adjustment you can make to be healthier this week?	<sup>24</sup> Oxygen mantra for the week - "I choose to live my life on purpose."	<sup>25</sup> Start the day with a morning walk	<sup>26</sup> Write a thank you note to a friend, mentor, or colleague.	<sup>27</sup> Eat a healthy lunch today - actually take the time to pack one and take time to eat it	<sup>28</sup> Spend time today reflecting on how you can create space for more joy in your life	<sup>29</sup> Morning meditation: Set your time for 5-10 minutes and breathe in the silence
<sup>30</sup> This week, choose Serenity over Stress	As you enter the summer months, consider investing in a consistent routine to help you recharge and reset. This is important for your body and mind. Try to resist filling your days with activities. Intentionally set aside time to do absolutely nothing.					