



# February 2023

## Daily Dose of Oxygen

SUN	MON	TUE	WED	THU	FRI	SAT
<b>BE KIND</b> <i>to yourself</i>			<b>1</b> Choose to focus on what is going right	<b>2</b> Drive the long way home- take some time to come down from the day	<b>3</b> Schedule overdue health appointments - your health matters	<b>4</b> Take a nap - turn off the phone, TV, all the noise and take a nap
<b>5</b> Self-Coaching: Where are you putting a false sense of urgency right now?	<b>6</b> Oxygen mantra for the week - "I am human first. My title does not determine my worth."	<b>7</b> Practice effective delegation - What can someone else do 80% as well as I can?	<b>8</b> Check in with a friend or colleague today - just to say hello - connections matter	<b>9</b> Take a few minutes to organize your workspace - it can help reset your focus	<b>10</b> Be ok with saying: "This isn't worth my time, energy, or my sanity right now."	<b>11</b> Commit to being fully present with your family or your self today - no work distractions
<b>12</b> Self-Coaching: Identify your options for addressing your needs.	<b>13</b> Oxygen mantra for the week - "I have the power to create positive change."	<b>14</b> Self-love - Jot down 3 things you love about yourself - refer to it often	<b>15</b> Evening meditation - Take a few minutes to sit quietly before bed time	<b>16</b> Schedule white space into your day	<b>17</b> Choose joy - What's one simple thing that brings you joy? Do more of that!	<b>18</b> Make time for lunch or dinner with friends
<b>19</b> Self-Coaching: Where are you most tempted to strive for perfection?	<b>20</b> Oxygen mantra for the week - "I am learning and evolving each day."	<b>21</b> Press pause - create the space to up your internal game	<b>22</b> Reflect on your gifts - Decide how you will share your gift with others today	<b>23</b> Stop procrastinating - Take the next necessary step	<b>24</b> Preserve your mental focus - resist the urge to scroll and maintain your focus	<b>25</b> Schedule time for solitude - it's necessary for self-awareness and growth
<b>26</b> Self-Coaching: Where can you cut back on choices to reduce your stress?	<b>27</b> Oxygen mantra for the week - "I choose to live well and lead well."	<b>28</b> No complaining challenge - No complaints today - Choose contentment	<b>Daily Dose Challenge: Connection</b> - We are hard wired for connection. Sometimes our roles isolate us from our friends and families because we are just so busy. Schedule time to connect with the important people in your life. ©2023 Life-Fit EdLeader <a href="http://www.Lifefitedleader.com">www.Lifefitedleader.com</a>			

