

2026

April



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Eat lunch or dinner outside today	2 Choose to be fully present today; stop festering about the past; let go of "what ifs"	3 Take a deep breath and soak in the reality that you are making a difference	4 Take at least 60 minutes to do ... nothing
5 SCS: How can you be more selective in saying "yes"?	6 Oxygen Mantra for the week: I am uniquely designed & chosen.	7 Phone a friend; do not discuss work	8 Words have power - speak life into yourself & others today	9 What's one thing you can do for you today? Put it on your calendar	10 Intentionally connect w/someone who brings you joy	11 Schedule time with friends
12 SCS: Where can you schedule time to press pause this week?	13 Oxygen Mantra for the week: I choose to live life on purpose.	14 Consider the needs and demands - discern what needs YOUR attention	15 See the good - intentionally seek out the "good" today	16 Go to bed at a time that will ensure you get 8 hours of sleep/downtime	17 Wrap up with the week by jotting down 3 wins from the week	18 Take a nap
19 SCS: How can you work from a place of fulfillment instead of depletion this week?	20 Oxygen Mantra for the week: I choose excellence and grace.	21 Pause mid-day to take 10 deep breaths before moving on	22 Try a guided meditation this evening	23 Take a morning walk or jog before work	24 Savor your morning coffee or tea; Take a few min to sip slowly	25 Watch the sunrise or the sunset
26 SCS: How can you lead with excellence while honoring yourself?	27 Oxygen Mantra for the week: I choose to lead and serve with courage.	28 Leave work at work this afternoon	29 Streamline your day - Determine specific email check-in times	30 Close your door for 20 minutes today and actually enjoy your lunch		