2026 November

Daily Dose of Oxygen

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 SCS - What do you need to be intentional about as you head into the holiday season?	2 Oxygen mantra for the week - "I choose to be grateful."	3 Morning jog/walk - Take a brisk walk before work today	4 Send a thank you note (handwritten or email to someone today)	5 Enjoy your lunch for at least 20 minutes today - close the door	6 Choose to stop - not because you are finished but because it's time to stop. Leave work on time today	7 Commit to engaging with family and friends - no work today
8 SCS - How do you need to adjust expectations of yourself in this season of life?	9 Oxygen mantra for the week - "I can do hard things."	10 End the day with 30 minutes of quiet time (device free)	11 Check in with another school leader today - share something positive	12 Give yourself a little grace today. Grace and grit - you can do this!	13 Spend a few minutes organizing a space today	14 Feed your mind - listen to an inspiring podcast
15 SCS - How do you plan to reduce over committing this holiday season?	16 Oxygen mantra for the week - "I can be a strong leader & human at the same time."	17 Schedule a day or half day off just for you (within the next month)	18 Mid-week celebration - write down 1 thing that's going well this week	19 Leave work at work today	20 Wind down your week with some quiet time - walk, sit still, draw, color, journal	21 Schedule an hour of uninterrupted time to rest today (not bedtime)
22 SCS - What's one thing you can remove from your plate this week?	23 Oxygen mantra for the week - "My wellness fuels my performance."	24 Start the day with a 5 min. meditation - make this a daily practice	25 Take a de-stress walk outside before heading home	26 Be where your feet are; be fully present	27 End the week with gratitude. List your blessings. Post it as a reminder for the tough days	28 Do something just for fun
29 SCS - How will you create space for what matters most this week?	30 Oxygen mantra for the week - "I am uniquely designed for this work."					

SCS= Self-Coaching Sunday

Small daily practices to care for yourself at work and at home.

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