


2026 June



Daily Dose of Oxygen

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Oxygen mantra - "I do not have to earn my worth through exhaustion."	2 Write Your "I Want Less Of" List - What are 3 things you don't want to carry into next year?	3 Don't check email until after breakfast. Start with strategy - not inbox chaos.	4 Energy Audit Track - What gives vs. drains your energy today?	5 Take a midday walk. 10 minutes outside = clarity and nervous system reset.	6 Unplug for 2 hours today. Protect your mind from constant input. Be unavailable.
7 SCS - Reclaim Your Evenings - Protect at least 1 night this week for full, tech-free rest.	8 Oxygen mantra - "Just because I can doesn't mean I should."	9 Declutter your calendar - Remove 1 recurring task or meeting that no longer serves you.	10 Say "No" without guilt today - Practice a kind but clear "no" that protects your energy.	11 Try a recovery ritual - End the workday with a routine that calms your nervous system. (ex: walking or journaling)	12 Reflect on a recent win - Celebrate - Don't skip past your progress.	13 Start your day with a healthy breakfast.
14 SCS - Build an Intentional Morning Routine - Try walking, journaling, or listing your top 1-2 goals.	15 Oxygen mantra - "I don't have to lead like anyone else. My rhythm is valid."	16 Unsubscribe from 5 emails - Clear digital clutter to protect your attention.	17 Revisit your systems - Which system (email, calendar, team comms) needs a summer reset?	18 Quick Write - Jot down 1 lesson learned and one celebration from the last week, month, or year.	19 Schedule "Nothing" Time - Next week, block 1-2 hours for unstructured space.	20 Do something just for fun today.
21 SCS - Review Your Values - Are your personal & professional decisions aligned w/your top 3 values?	22 Oxygen mantra - "I can be excellent right where I am."	23 Slow down - Instead of aiming to complete a list of 10 things - aim for your top 3 "must dos".	24 Enjoy lunch with a colleague, family member, or friend.	25 Spend some time today reflecting on how you can create space for more joy in your life.	26 Jot down 3 things or people for which/whom you are grateful. Tell at least one of them.	27 Set an alarm to watch the sunrise or sunset.
28 SCS - Protect Your Prime Time - Identify your most focused hours. Block them this week.	29 Oxygen mantra - "I choose to live life on purpose."	30 Aim for 7-9 hours of sleep this evening.	 <p>You deserve to lead well without losing yourself. Let's make next year the year you stop surviving and start thriving! Early enrollment is now open: www.lifefitleader.com</p>			