

2026

May



Daily Dose of Oxygen

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					Commit to shutting down email by 5 PM today 1	Aim for a social media free day 2
SCS - How can you take control of your thoughts so that you have more peace this week? 3	Oxygen mantra for the week: "I choose Faith over Fear." 4	Clear your mind - Spend some time jotting down your to do list. Make a plan to get it done 5	Who is your person? The one you can laugh & ugly cry with? Reach out to say thank you 6	Make a decision to stop judging yourself 7	Create a done list - celebrate what you DID get done this week 8	Lay in bed a little longer this morning 9
SCS - What do you need to be successful this week? 10	Oxygen mantra for the week: "I am enough." 11	No complaining challenge - challenge yourself and a colleague to avoid complaining today 12	Hydrate: Challenge yourself to drinking 40 - 64 oz of water today 13	Cape removal night - Remove that superhero cape & leave work at work 14	Take a mid-day walk - outside if possible 15	Enjoy time outdoor today 16
SCS - Schedule in think time this week. Block off at least 30 min. a day to think & process 17	Oxygen mantra for the week: "I choose to focus on what I can control." 18	Evening meditation. Set a timer for 5 - 10 min; OR try a slow, quiet mindful walk 19	Prioritize sleep - aim for 7-9 hours of sleep tonight 20	Have lunch outside today; Slow down and actually enjoy each bite 21	Organize your work space; decluttering your space can help declutter your mind 22	Challenge yourself to do absolutely nothing for 30 minutes 23
SCS - Create a "DON'T" list - What are 2 things that steal your peace that will NOT do this week? 24	Oxygen mantra for the week: "I accept that I cannot be all things to all people." 25	Surrender to the moment. Take 10 min. observe all that is happening in & around you 26	Schedule medical appointments that you have delayed (annual physical, etc.) 27	Be where your feet are. Be intentional about being fully present today 28	Take an end of the day reflective walk. Consider 2 things that went well 29	Treat yourself - Do something just for you today 30
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