

December 2022

Daily Dose of Oxygen



S	M	T	W	T	F	S
				1 Consider this busy season - take 30 min. to map out your personal "to-do" list	2 Leave work at the end of the actual work day. Commit to being fully present w/your family (or yourself)	3 Permission to say no - Choose to opt out of one more "thing," project, or social event
4 Self-coaching Sunday - What can you learn from a hardship or frustration?	5 Oxygen mantra for the week - "I don't need to do ALL the things."	6 Block out an hour today to organize your work space and/or your brain	7 Mid-week meditation - close your office door & sit in peace for 15 min. No emails/phone	8 Treat yourself to a personal Happy Hour (do what makes you happy)	9 Phone a friend/family member who makes you laugh out loud every time	10 Schedule a massage
11 Self-coaching Sunday -What's one thing you can do to connect on a deeper level with a family member?	12 Oxygen mantra for the week - "When I am tired, I will STOP and REST."	13 Brisk morning walk - Wake up 15 minutes earlier if you need to	14 Send yourself a "You are Crushin' it" email - delay delivery until February 1st	15 Try an evening wind down Yoga session (15 min.) - YouTube has a few	16 Celebrate your wins - Tweet out 1 "win" for this week. Tag @Edleaderlifefit	17 Give yourself permission to binge watch TV or pleasure read today
18 Self-coaching Sunday - Reflect - What causes you the most anxiety each week? Why?	19 Oxygen mantra for the week - "I give myself permission to rest over the break."	20 Mind cleanse - set a timer (10 min) jot down all the things on your mind - emotions and all	21 Call a friend or colleague to share how much you appreciate him/her	22 Connect with a friend and share your appreciation for your relationship	23 Pleasure read for at least 30 minutes today	24 Be fully present today.
25 Self-coaching Sunday - How can you adjust your schedule to be fully present this week?	26 Oxygen mantra for the week - "My self care is important. I will keep it a priority."	27 Your "why" - consider your values - How does your intentional self-care support your values?	28 Spend 30 min. today reflecting on your successes this year. Jot down 3 successes	29 Date your significant other OR yourself - Treat yourself or significant other to brunch	30 Take time to develop a daily 15-30 min winter exercise routine - put it in your calendar now	31 Create a wellness vision board for 2021. Include at least one daily commitment

Self-Care shouldn't be an after-thought. It shouldn't be reserved for "when we have time." As Stephen Covey once said, "You don't prioritize your schedule, you schedule your priorities." Your self-care is a priority. Often times for Ed Leaders (self-less leaders) it requires a shift in mindset. It is not selfish. It is instead a prerequisite to leading with excellence and grace. This month challenge yourself to consistently engage in self-care. Let this calendar support your journey. ©2022Life-Fit EdLeader www.Lifefited.com



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