

September 2023

Daily Dose of Oxygen

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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| | | | | | 1 Spend some time today reflecting on the things that went well this week | 2 Rest. |
| 3 SC Sunday - How will you prioritize your big 3 this week? | 4 Oxygen mantra for the week - "It is ok to not have all figured out yet." | 5 Make time to sit and eat lunch today. Close the door for a few minutes and enjoy | 6 What's one thing you can delegate that will "give you back" 15 minutes? | 7 Start your day with a brisk morning walk | 8 Repeat: "It is okay to rest this weekend." | 9 Date your significant other OR yourself -enjoy brunch |
| 10 SC Sunday - What's one small step you can take this week to prioritize your wellness? | 11 Oxygen mantra for the week - "I am here for a reason." | 12 Sip your coffee or tea a little slower this morning | 13 Leave work at the end of the actual work day | 14 Jot down your worries and leave them there | 15 Celebrate small victories - write down at least 2 for the week | 16 Spend some time outdoors today |
| 17 SC Sunday - Have you scheduled time for you each day on your calendar? | 18 Oxygen mantra for the week - "I choose to live well and lead with excellence." | 19 Send a note of appreciation to someone | 20 Take the long way home - use the time to decompress before heading home | 21 Water challenge - aim for at least 40 oz. today | 22 Wind down the week with an evening walk | 23 Do something fun that you enjoy!! |
| 24 SC Sunday - What's one small adjustment you can make to be healthier this week? | 25 Oxygen mantra for the week - "I am right where I am supposed to be." | 26 Create the space for 30 minutes in your afternoon/ evening to do nothing | 27 Communicate with a friend or family member who makes you belly laugh | 28 Take a longer shower or bath today (try aromatherapy and let it help you decompress) | 29 Be your own cheerleader - Write yourself a "You go me" note of appreciation | 30 Quiet your mind. Create the space for quiet time today. |

Notes: Daily Dose Challenge: The start of a new school year is a great time to begin building consistent wellness habits. Consider tracking your "daily doses of oxygen" and finding an accountable partner. Connect with us to share your journey, and get daily wellness motivation
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