

2026 March



Daily Dose of Oxygen

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 SCS: How can I shift my focus to what I can control?	2 Oxygen mantra: "I choose courage over comfort."	3 Take 20 minutes to organize your work space	4 Start the day with a healthy breakfast	5 Destress with mindful drawing, coloring, or journaling	6 Be proud - write yourself a "You go boy/girl" note and place it where you can see it daily	7 Do something outdoors (walk, watch the sunset, etc.)
8 SCS: What can I do this week that will bring me more peace?	9 Oxygen mantra: "I choose to focus on what I can control."	10 Take a brisk morning walk	11 Commit to eating lunch today - it's okay to close the door	12 Go to bed at a time that will allow you at least 8 hours of sleep	13 Decompress after work - stop at a coffee shop, store, or restaurant you love	14 Take a guilt free nap today
15 SCS: Where do I need to step out of my comfort zone?	16 Oxygen mantra: "No matter what is left undone, I know I am enough."	17 Drive the long way home today - take some time to come down from the day	18 Try a 5 minute meditation before bed (try an app to help if you need to)	19 Slow start to the day... sip your coffee or tea extra slow	20 Reflection Friday - jot down one thing you did well this week	21 Plan time to connect with a friend or family member today
22 SCS: What boundaries do I need to set this week?	23 Oxygen mantra: "I serve with excellence and grace."	24 Mid-day pause: Close the door and take a moment to collect yourself	25 Shut down email by 5:00 PM today - don't worry - it will be there tomorrow	26 Eat a healthy dinner	27 Celebrate the wins - what are you most proud of this week?	28 Read for fun
29 SCS: What are my top three priorities this week? (relational, professional, personal)	30 Oxygen mantra: I am right where I am supposed to be.	31 Take an evening walk				