

# February



## Daily Dose of Oxygen

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 SCS: What would make this week lighter without lowering expectations?	2 Oxygen Mantra: I am confident, competent, and calm.	3 Take a 10–15 minute walk today - no phone, no agenda	4 Eat lunch away from your desk for at least 15 minutes today	5 Pause mid-day and take 5 slow, intentional breaths before your next meeting	6 Write down one thing that went better than expected this week	7 Give yourself permission to rest without explaining or justifying it
8 SCS: Where are you over-functioning right now... and what is that costing you?	9 Oxygen Mantra: My capacity matters as much as my commitment.	10 Protect the first 15 minutes of your workday for planning instead of reacting	11 Send a short message of encouragement to a colleague or fellow leader	12 Commute the long way home to come down from your day	13 End the workday by writing one sentence to answer this: "What worked this week?"	14 Create space today: declutter one small area (desk, bag, car, or email folder)
15 SCS: What boundary would most support your energy this week?	16 Oxygen Mantra: I don't have to be everything to everyone to lead well.	17 No complaints challenge - No complaining today; choose contentment	18 Intentionally slow down today... when you walk, eat, or drive	19 Schedule a massage, therapy, or relaxation session	20 Turn off work notifications at a set time this evening	21 Do something that brings you joy
22 SCS: What does your body need more of right now (rest, movement, or stillness?)	23 Oxygen Mantra: I can lead with excellence and care for myself at the same time.	24 Hydration challenge: Drink at least 32 oz. of water today (set reminders)	25 Press pause today - take 15 minutes just to pause and reset	26 Acknowledge something hard you handled this week... without minimizing it	27 Close the week by choosing one thing you'll not carry into next week	28 Make time for lunch or dinner with friends today

\*SCS = Self-Coaching Sunday

One small, consistent act of care can change how the entire month feels.  
Choose progress over perfection. Choose sustainability.