



October Wellness Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<i>Be Excellent on Purpose!</i>	<i>1 Journal: Make a goal for your health. Name 2 things you'll accomplish this month.</i>	<i>2 Journal: What do you need to do today to work towards the goals you set yesterday?</i>
<i>3 Get Outside! Start your day off with a walk outdoors first thing in the morning.</i>	<i>4 Carve out time for yourself today. Put your phone down and be active outdoors.</i>	<i>5 Exercise—Get a good sweat by running, lifting weights or walking today Do it for you!</i>	<i>6 Stretch in the morning and before bed. Your body will thank you!</i>	<i>7 Make it a goal to get 8-9 hours of sleep tonight. Stretch to help your body relax.</i>	<i>8 Enjoy nature! Find the nearest hiking path and enjoy an evening stroll.</i>	<i>9 Beach Day!! Go enjoy the beach before the cold weather arrives.</i>
<i>10 Water for your brain and body. Consume an extra 2 glasses of water today.</i>	<i>11 Journal: Look for inspiration today. What did you discover?</i>	<i>12 Make it a goal to get 8-9 hours of sleep tonight. Stretch to help your body relax</i>	<i>13 Consume inspiring content. Find an inspiring quote , book or person.</i>	<i>14 Embrace where you are today. You won't get to redo the day— Take time to enjoy it.</i>	<i>15 Journal: Check in with your goals. What do you need to do today to work towards them?</i>	<i>16 Saturday Silliness Incorporate being silly and laughing today.</i>
<i>17 Journal: What mistakes have you recently made? What lessons have you learned?</i>	<i>18 Kindness Matters Offer yourself 3 positive self talk statements today.</i>	<i>19 Random Acts of Kindness Do something for another person today.</i>	<i>20 Cheer on your team! Support your family and/or colleagues with extra support .</i>	<i>21 Dance to Music Turn on your favorite tunes and dance like no one is watching.</i>	<i>22 Get Outside! Start your day off with a walk outdoors first thing in the morning.</i>	<i>23 Carve pumpkins & add a few fall touches to your space.</i>
<i>24 Enjoy the sunset! Notice all the colors, the sounds, and sights.</i>	<i>25</i>	<i>26</i>	<i>27</i>	<i>28</i>	<i>29</i>	<i>30 Journal: Check in with your goals. What do you need to do today to work towards them?</i>
Red Ribbon Week— Fill it by making Healthy Choices for yourself along with family and friends. *Make a routine of exercise. *Make a menu of meals for the week. *Increase your water consumption. *Write 5 motivational or kindness cards to different colleagues, family or friends this week.						
<i>31 Halloween Trick or Treat Enjoy your day!</i>	<i>Reflect on your journal entries and goals that you are striving to reach.</i>				<i>Use the feelings chart to identify your feelings or a family members.</i>	