

# August 2023

## HABITS & MINDFULNESS



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31	1 Time-out Tuesday	2 Water Wednesday	3 Tune-in Thursday	4 Affirmation Friday	5
6 Meal-Prep Sunday!	7 Set the Screen Down Monday	8 Time-out Tuesday	9 Water Wednesday	10 Tune-in Thursday	11 Affirmation Friday	12
13 Meal-Prep Sunday!	14 Set the Screen Down Monday	15 Time-out Tuesday	16 Water Wednesday	17 Tune-in Thursday	18 Affirmation Friday	19
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## **SMSD CHOICE CALENDAR:**

What is a choice calendar? The goal is to choose two that you are committed to each week. They can be the same choice each week for 4 weeks or you can choose two different ones each week. That's the fun. It's your choice! You can also choose to participate in each choice day for a total of 6 days/week. The choice calendar has a focus each month with activities that align with the focus but give you an opportunity to not only challenge yourself but connect to others as well.

# August-Habits and Mindfulness

## **Meal-prep Sunday:**

Set your week up for success by prepping your breakfast & lunch for your work week. Choose 2 breakfasts and 2 lunches, add the ingredients to the grocery list, prepare them on Sunday and pre-package them so you can grab and go! Whether you are supporting specific nutritional goals or taking one more thing off of your to-do list, so you can free up some extra time you'll be rocket launching into an organized week.

## **Set the Screen Down Monday:**

Commit to no screen time 2 hours before bed. Turn the tv off, set the phone or Ipad down and unwind with a quiet time, a book, podcast or conversation with someone you care about.

## **Time-Out Tuesday:**

Turn off your ringer and set a timer for 10 min of intentional "downtime". Take a few deep breaths, stretch, grab a water or coffee. Use it as an opportunity to stop.

## **Water Wednesday:**

Get your hydration on with 60 oz of water today!

## **Tune-in Thursday:**

Without Forcing it, ask someone how they are today and listen to the reply free from opinion. Take it a step further and see if you can listen while being fully present without thinking of what your reply would be.

## **Friday Affirmations:**

Affirmations are short, positive statements of goals and beliefs. Every Thursday evening set a reminder on repeat for 4 weeks. Write a goal or affirmation on a sticky note and put it on your mirror. In the morning, repeat 3-5 times, slowly while being intentional and present. Use the same one each week or write a new one each week. Take it a step further and do it daily for 30 days. See the difference!