

SUN	MON	TUE	WED	THU	FRI	SAT
1 The energy rises up like a tulip forcing itself through the ground. The determination to open is a possibility that cannot be stopped.	2 Listen attentively. Take a full breath before replying to someone who is speaking.	3 Make someone else's day - I Want You to Be Happy Day .	4 Speak to yourself kindly	5 Pay attention to your posture! Stand/sit up straight	6 Today is National Employee Appreciation Day! Take a moment to tell a colleague how much you appreciate them.	7 Walk for 30 minutes
8 Get prepared. Write out your tasks for the week	9 Research a new book you would like to read	10 Say a silent gratitude for Gratitude Tuesday	11 Doodle for 15 minutes	12 Leave work on time today!	13 Get some extra sleep. Today is World Sleep Day .	14 Stretch for 30 minutes
15 Make a playlist of inspirational music to listen to	16 Share a laugh with a friend - today is Let's Laugh Day .	17 Take a break - go outside and look up at the sky	18 Decide on a mantra for the day and use it	19 Plan a trip - even if it's just for the day	20 Happier Together! International Day of Happiness	21 No plans day! Let the day unfold spontaneously.
22 Pack nutritious meals for the work week Meal Ideas	23 What is something you need to start saying no to?	24 Set yourself a reminder on your phone saying "You're Amazing!"	25 Purchase a cup of coffee/tea for a stressed out co-worker	26 Write 3 things down that you like about yourself	27 Take a moment and think about those that influenced your life this week	28 Search for opportunities to Volunteer
29 Cook a meal that you love	30 Get outside and take a walk in the park for some fresh air. Walk in the Park	31 Write a "well-done" list of everything you completed this month				



National Health Observances

National Nutrition Month

<https://www.eatright.org/food/resources/national-nutrition-month>

Colorectal Cancer Awareness Month

<https://www.ccalliance.org/about/awareness-month>



MARCH 2020