

iTHRIVE CALENDAR

Zann Foo, Lucas Ng

01 Write down 3 things you are grateful for

02 Speak less and listen more today

03 Get outside to enjoy some fresh air

04 Eat your breakfast mindfully. Put away your phone

05 Look up when you are outdoor. How does it make you feel?

06 Take a break and play your favorite song

07 Do this 4 times within an hour period – close your eyes and take a deep breath and smile

08 Write down 3 good things for the day

09 Make space for something crafty or creative

10 Make relaxing plans with a good friend

11 Give yourself a hand or head massage

12 Set an early bed-time and stick to it

13 Compliment someone today

14 When negativity arises, practice gratitude to shift your perspective

15 Pause when it gets busy & text someone you love

16 Fill in the blanks
May I be____
May you be____
May all beings be____

17 Talk about your gratitude at the dinner table tonight

18 Make someone's day better

19 Write a list of things that make you feel peaceful.

20 Buy or make a small gift for someone you appreciate

21 Go for a long walk with your loved one

22 Find a quiet place and hang out in the spaces in between your thoughts

23 Take a day off social media

24 Step a tiny bit out of your comfort zone today

25 Rather than judging yourself or others, offer compassion

26 Find joy in the process today. Infuse your efforts with courage, grace, and openness

27 Do a random act of kindness to someone

28 Take a photo that brings joy to you

29 Pay attention to your surroundings with a curious mind

30 Look into the mirror. Find something you love about yourself. Say it out loud and smile

31 Place your hand on your belly and breath for one minute