

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
<p>Call us at 833-327-0730</p> <p>www.worker2workerindiana.com</p> <p> Worker2Worker Indiana</p>			<p>1</p> <p>Make a list of your intentions for the month</p>	<p>2</p> <p>Offer to help a colleague with a task they are struggling with today.</p>	<p>3/4</p> <p>Check in with a friend or loved one to see how they're doing & offer support.</p>
<p>5</p> 	<p>6</p> <p>Review your weekly calendar & make adjustments to optimize your time management.</p>	<p>7</p> <p>Listen to your favorite music and reflect on what it means to you.</p>	<p>8</p> <p>Today is a new day. Give yourself permission to start fresh.</p>	<p>9</p> <p>Honestly evaluate how your actions are aligning with your long-term goals.</p>	<p>10/11</p> <p>Write down three ways your actions aligned with your values.</p>
<p>12</p> <p>Let someone know how much they mean to you and why.</p>	<p>13</p> <p>Recall three things you've done that you are proud of.</p>	<p>14</p> <p>Remember an event in your life that was really meaningful.</p>	<p>15</p> 	<p>16</p> <p>Write down a decision you've been putting off & plan your next steps.</p>	<p>17/18</p> <p>Reflect on a time you were impulsive. Write about how you could improve next time.</p>
<p>19</p> <p>Plan your day with breaks and time for self-care to avoid burnout.</p>	<p>20</p> <p>Identify one potential challenge today & plan how to navigate it wisely.</p>	<p>21</p> <p>Choose one habit you would like to make more sustainable and do it.</p>	<p>22</p> <p>Help someone without asking – just notice and take action.</p>	<p>23</p> <p>Complement a coworker or friend on something they've done well.</p>	<p>24/25</p> <p>Set aside time to plan your meals for the week.</p>
<p>26</p> 	<p>27</p> <p>Today is a new day. Give yourself permission to start</p>	<p>28</p> <p>Make a list of things that comfort, support and anchor you.</p>	<p>29</p> <p>Find a way to make what you do today meaningful</p>	<p>30</p> <p>Schedule a time for relaxation. Notice how it energizes you.</p>	<p>31</p> <p>Send a thoughtful text or card to a loved one.</p>
					