

# MAY | 2016

*Spend May strengthening your mental health. Follow along with our daily suggestions or alter them to make goals that are most helpful for you!*

| S  | M  | T  | W  | T  | F  | S  |
|----|----|----|----|----|----|----|
| 1  | 2  | 3  | 4  | 5  | 6  | 7  |
| 8  | 9  | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 |    |    |    |    |



## GOALS

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## NOTES

### PREP DAY

SUN 1 ◇ Reflect on last month's accomplishments and create this month's goals.

### WEEK 1: SELF

- MON 2 ◇ Practice mindful breathing.
- TUE 3 ◇ Meditate while diffusing inspiring essential oils.
- WED 4 ◇ Journal and reflect on your thoughts.
- THU 5 ◇ List 10 things you love about yourself.
- FRI 6 ◇ Connect with nature.
- SAT 7 ◇ Create a gratitude list.
- SUN 8 ◇ Schedule alone time.

### WEEK 2: RELATIONSHIPS

- MON 9 ◇ Call or text an old friend.
- TUE 10 ◇ Give an anonymous gift or note.
- WED 11 ◇ Be fully present in a conversation and offer undivided attention.
- THU 12 ◇ Serve someone else.
- FRI 13 ◇ Tell someone why you're grateful for them.
- SAT 14 ◇ Learn about a loved one's interest.
- SUN 15 ◇ Smile at others.

### WEEK 3: HEALTH

- MON 16 ◇ Prep healthy snacks for the week.
- TUE 17 ◇ Get a full night's sleep, 7-8 hours.
- WED 18 ◇ Exercise in a new way.
- THU 19 ◇ Eat a healthy breakfast, complete with NingXia Red®.
- FRI 20 ◇ Drink an extra glass of water.
- SAT 21 ◇ Get up and move every hour.
- SUN 22 ◇ Create a meal plan for next week.

### WEEK 4: TRY NEW THINGS

- MON 23 ◇ Initiate a new friendship or connection.
- TUE 24 ◇ Take a different route while driving.
- WED 25 ◇ Try a new recipe or restaurant.
- THU 26 ◇ Experiment with a new skill or hobby.
- FRI 27 ◇ Pick a new book to read.
- SAT 28 ◇ Create a new outfit or clothing combination in your closet.
- SUN 29 ◇ Find new music for your playlists.

### WEEK 5

- MON 30 ◇ Find an inspirational quote and put it somewhere you'll see it.
- TUE 31 ◇ Plan next month's goals! Use our printable calendar for extra help.