

Positive Change *Ideas*

for August



	S	M	T	W	T	F	S
2 L A S T S	30 Do at least one fun thing today.	31 Write down your top three accomplishments this month.	28 	29 	30	31  S T E R E T	1 Write down your top three goals for this month.
	2 Make a simple overnight breakfast for tomorrow.	3 Change your alarm tune to your favorite morning song.	4 Check in with a friend.	5 Watch the sunset and reflect.	6 Work on a simple morning or evening stretching routine.	7 Take a photo of something inspiring today.	8 Have a friend or family get-together.
	9 Create a self-care basket for yourself.	10 Send a morning message to a loved one.	11 Try holding some power poses.	12 Write down your top three qualities.	13 Visualize how you want the rest of the year to go.	14 Create a vision board for your future.	15 Frame your favorite inspirational quotes.
	16 Try meal prepping or planning for the week.	17 Go for a walk at sunset.	18 Have a no-screen evening.	19 Try the Pomodoro technique (25 min work, 5 min break).	20 Try a new vegetable today.	21 Learn a couple of new words today.	22 Declutter and donate what you can today.
	23 Try something new today.	24 Watch an inspiring or educational video.	25 Give a friend a sincere compliment.	26 Try a new recipe today.	27 Read about a topic you know little about.	28 Do at least one self-care activity.	29 Have a day to yourself.