



March



SUN

MON

TUE

WED

THU

FRI

SAT

Speak to
yourself with
kindness

1

Savor your
morning tea
or coffee

2

Take a deep
breath before
responding to
others

3

Soak in the
heat of a
bath or
shower

4

Take a tech
break

5

Have a "no
plans" day.
How does it
feel?

6

Be present
with each sip
of your
coffee

7

Light a new
candle

8

Do an Align
& Flow
Practice

9

Try a new
yoga style

10

Stop. Breathe.
Notice.
Repeat.

11

Bake
something
yummy

12

Take a day
trip with
friends

13

Do a Gentle
Practice

14

Take a tech
break for 1
hour

15

Enjoy your
favorite glass
of wine or tea

16

Do a Restore
Practice

17

Watch a new
movie or tv
show

18

Do a Restore
Practice

19

Buy yourself
fresh flowers

20

Say "no" to
something

21

Do a
something that
makes you
smile

22

Do a
Meditation
Practice

23

Read a new
book

24

Take a tech
break for 1
hour

25

Spend time
with someone
who makes
you laugh

26

Savor cookies
right out of
the oven

27

Soak up the
Sun's warmth

28

Add a new
habit to your
bedtime
routine

29

Do an Align
& Flow
Practice

30

Go to bed
early

31