

AUGUST
2021

National Wellness Month



S	M	T	W	T	F	S
1 Take yourself out for a date.	2 Focus on positive thoughts.	3 Create a gratitude list & add at least one more thing each day.	4 Learn a new tool that can help increase your productivity.	5 Listen to a podcast on a subject that interests you.	6 Try to allot at least 10 min. every day to do a light exercise.	7 Try to refrain from gossiping or speaking negatively about other people.
8 Start a mini herb garden.	9 Meditate on things you're grateful to have in your life.	10 Post quotes & images that remind you to be grateful around your house.	11 Check your credit score & set financial goal.	12 Make time at the end of the day to sit down with your significant other & listen to their day.	13 Start your day with a healthy breakfast.	14 Smile at everyone you meet today.
15 Book a spa date with your bestfriend.	16 Do one thing that can make you feel happy today.	17 Be thankful when you learn something new.	18 Pick up a hobby you've been meaning to try.	19 Write a positive review for a business that recently gave you a great experience.	20 Avoid negative media & movies with destructive content.	21 Prepare a home-cooked meal for a senior in your neighborhood.
22 Give your room a deep clean.	23 Give yourself a compliment.	24 Post on social media about something you're #grateful for.	25 Eat more greens today.	26 Today, remind yourself: "You are braver than you believe, stronger than you seem and smarter than you think."	27 Clear your mind with a brain dump.	28 Invite some close friends over for a celebratory glass of wine just because.
29 Take a long relaxing bath.	30 Pick a soothing mantra.	31 Challenge yourself to minimize complaining and criticizing for a short period.				

BioNeurix

#YearOfWellness Calendar

Share this free wellness calendar with friends & post your progress

#YearOfWellness



Connect with us on social media @bioneurix