

May 2023

More than Tea Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7 It's Sipping Sunday Anything Goes!! What's in your cup?	8 Mindfulness Monday Build confidence and bring your best self to the table.	9 Journal Prompt: What is your body telling you today?	10 Reset Wednesday: Brew a cup of tea, sip, savor and relax. Just breathe	11 Think about it Thursday: Does your lifestyle reflect what matters most to you?	12 High/Low: What was your high moment for the week? What was your low moment for the week?	13 Intentional Boundaries Take yourself on a date
14 It's Sipping Sunday Anything Goes!! What's in your cup?	15 Mindfulness Monday Don't wait for stress to build up, create calm in your life	16 Journal Prompt: Where do you need to create boundaries in your life?	17 Reset Wednesday: Brew a cup of tea, sip, savor and relax. Sit in stillness and don't be quick to fill the time	18 Think about it Thursday: Can you lead and still follow? What does that look like for you?	19 High/Low: What was your high moment for the week? What was your low moment for the week?	20 Intentional Boundaries: Make your favorite meal
21 It's Sipping Sunday: Anything Goes!! What's in your cup?	22 Mindfulness Monday Pause before you perform. Ex. take breaks between projects	23 Journal Prompt: What do you need more of in your life?	24 Reset Wednesday: Brew a cup of tea, sip, savor & relax. Sit outside and sip your tea	25 Think about it Thursday: Have you done the thing you promised yourself you would do?	26 High/Low: What was your high moment for the week? What was your low moment for the week?	27 Intentional Boundaries: Plan a trip to your favorite place
28 It's Sipping Sunday: Anything Goes!! What's in your cup?	29 Mindfulness Monday Success is making time for yourself to stop overfunctioning.	30 Journal Prompt: What does your life look like when you're at your best?	31 Reset Wednesday: Brew a cup of tea, sip, savor and relax. Just Breathe			