Gratitude

Express appreciation and thank those you are grateful for.

Gratitude is one of the most effective and simplest ways to increase happiness.

- Keep a gratitude journal
- Thank someone that you appreciate verbally, with an email or a card
- Don't take for granted the people or other blessings in our life.
- Notice and appreciate simple pleasures.

Exercise

Gain many physical and mental benefits with regular exercise.

Benefits
+ Increase energy
+ Health
+ Better sleep
+ Stronger bones
+ Productivity
+ Positive mood
+ Creative thought

- Decrease Stress
- Lower blood pressure
- Lower risk of diabetes
Random Acts of Kindness
- Leave a surprise for someone to find.
- Talk to someone who looks lonely.
- Offer directions to someone who looks lost.
- Hold the door for someone.
- Let someone in front of you in line (if no one else is waiting!)
- Rake leaves in someone’s yard, or mow the lawn.

Breathe Deeply
Take several deep breaths on a regular basis.

Breathe with diaphragm
Benefits: Reduce stress, improve ability to manage emotions. Improve heart rate & sleep, lower blood pressure.

How To:
1. Place hand between navel & ribcage
2. Inhale through nose, count to four, pause.
3. Exhale through lips, count to four, pause.
4. Repeat for 10 cycles.
5. Repeat 10 times/day.

-MARCH-

2020

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

-APRIL-

2020

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
A mindfulness exercise

- listen to the sound of ocean waves
- imagine the blue sky and water, the green of palm trees
- imagine the sweet scent of colorful flowers
- imagine feeling the warmth of the sun and sand
- stretch up, bringing in positive thoughts with a deep breath
- reach for toes, releasing tensions & worries with exhalation.

Meditate

Train attention with meditation.

Gain many mental & physical benefits with regular meditation.

Simple Meditation

- sit comfortably in a quiet place.
- set a timer
- close your eyes & focus within
- focus attention on breath
- when mind wanders, gently return attention to breath
- start small (5 minutes) work up to 12-20 minutes daily.
### July

**Relate**

Interact with others, spend time with those you care about.

**Cultivating Relationships**

**Plant a Garden**

- Plant seeds of kindness with generous amounts of attention and time.
- Sprinkle with thoughtfulness & laughter.
- Fertilize with good communication.
- Weed out conflicts.

**Emotional Intelligence**

Notice emotions and manage them, empathize with others.

“There is perhaps no psychological skill more fundamental than resisting impulse.” -Daniel Goleman

### August

**2020**

<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
<td>10</td>
<td>11</td>
</tr>
<tr>
<td>12</td>
<td>13</td>
<td>14</td>
<td>15</td>
<td>16</td>
<td>17</td>
<td>18</td>
</tr>
<tr>
<td>19</td>
<td>20</td>
<td>21</td>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
</tr>
<tr>
<td>26</td>
<td>27</td>
<td>28</td>
<td>29</td>
<td>30</td>
<td>31</td>
<td></td>
</tr>
</tbody>
</table>

**2020**

<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
<td>8</td>
</tr>
<tr>
<td>9</td>
<td>10</td>
<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
<td>15</td>
</tr>
<tr>
<td>16</td>
<td>17</td>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21</td>
<td>22</td>
</tr>
<tr>
<td>23</td>
<td>24</td>
<td>25</td>
<td>26</td>
<td>27</td>
<td>28</td>
<td>29</td>
</tr>
<tr>
<td>30</td>
<td>31</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Simple Gifts

- Give your full attention.
- Spend time with someone.
- Meet for coffee
- Make a meal
- Share a hand-made craft
- Photos
- Candy appreciation gifts
- Cookies
- Muffins
- Balloons
- Candles
- Flowers

Volunteer or donate to a cause you believe in. Surprise someone with a simple gift.

Aspire

Take action toward goals for the future.

Aspire-Goals

Specific
Measurable
Attainable
Relevant
Time-bound

Increase goal achievement:
- by 80%+ : decide when & where
- by 42% : write them down.
- Break large goals into smaller steps & commit to action.
- Keep goals visual & review progress.
Inspire Flow

Use the talents that engage you so much you lose track of time.

1. know your goals
2. use strengths
3. try new things
4. look for a balance of skill & challenge
5. focus attention
6. create helpful environment
7. eliminate distractions
8. become absorbed
9. notice results
10. feel intrinsic rewards

-NOVEMBER-

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

-DECEMBER-

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

Spirituality

Practice guiding principles and values, spiritual or religious beliefs.

Nurture Spirit

There are many paths, some may be to:
• practice guiding principles
• study beliefs
• attend a religious service
• prayer or meditation
• listen to inspirational music
• time in nature
Positive Shift Happens Toolkit
@www.dailyplanit.com

<table>
<thead>
<tr>
<th>B</th>
<th>E</th>
<th>M</th>
<th>E</th>
<th>A</th>
<th>S</th>
<th>U</th>
<th>R</th>
<th>I</th>
<th>N</th>
<th>G</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
<td>10</td>
<td>11</td>
</tr>
</tbody>
</table>

Breathe  Exercise  Meditate  EQ  Aspire  Share  Uplift  Practice  Flow  Notice  Gratitude

www.papertraildesign.com/calendar-2020-printable-one-page/