




Calendar Challenge

AUGUST 2018

Relax and Restore

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Challenge yourself every day this month to do 1 or 2 things to relax and restore your mind, body and spirit. Uplift those around you by getting your family, friends, and co-workers involved in the 31-day challenge. Share your rejuvenation with posts on Facebook, Instagram and Twitter with the hashtags #sarahnsays and #ccaugust18. Visit sarahnsays.com for more information. 			1 Create a list of positive affirmations* AND/OR Light a candle or incense	2 Practice acceptance AND/OR Write your thoughts down	3 Take 10 deep breaths AND/OR Drink a cup of green tea	4 Watch a funny movie AND/OR Participate in a guided meditation*
5 Do something you're good at AND/OR Watch the sunrise or sunset	6 Create something* AND/OR Have someone take a picture of you smiling	7 Daydream AND/OR Make a list of 5 things that relax you	8 Observe the sounds in nature AND/OR Drink fruit infused water	9 Meditate for 20 minutes* AND/OR Use essential oils*	10 Express gratitude AND/OR Take a solo walk around your neighborhood	11 Go for a swim AND/OR Meet up with people you love
12 Go for a bike ride AND/OR Read an inspirational message*	13 Perform an act of kindness AND/OR Literally, stop & smell the flowers	14 Spend time with someone who lifts you up AND/OR Sing or dance	15 Hug a tree AND/OR Give yourself a scalp massage	16 Walk in the grass barefoot AND/OR Smile as much as possible	17 Stare at the clouds or the stars AND/OR Do 15 minutes of yoga*	18 Play a board game AND/OR Have a good laugh
19 Take a bath AND/OR Listen to soothing music	20 Paint or draw AND/OR Have an honest conversation with yourself	21 Spend some time outside AND/OR Be cool, calm and collected	22 Stretch for 10 minutes* AND/OR Journal about your day	23 Swing on a swing! AND/OR Have a meaningful conversation	24 Take a power nap AND/OR Monitor and limit your complaints	25 Get an extra hour of sleep AND/OR Go on a long drive
26 Compliment someone AND/OR Give yourself a foot message	27 Treat yourself to something special AND/OR Minimize your use of technology	28 Write down your fears AND/OR Get something off your chest	29 Exercise* AND/OR Make a list of 5 reasons why you love yourself	30 Cuddle with a loved one AND/OR Sit in silence for 10 minutes	31 Take a picture of something in nature AND/OR Let go of something you've been holding onto	*Need any guidance with these challenges? Use tools like YouTube and Google to learn new ways to practice self-care.