

MAY 2019

Calendar Challenge

In 2019, *Sarahnsays* is here to help you adopt healthy habits. While one day of positive action towards improving your health is great, real transformation comes from consistency and developing healthy habits. This month, choose 1 healthy habit that you will adopt, from daily practice. Habits are developed by performing an action for 21 days straight. If you stray off, forgive yourself and instead strive to perform the action at least 21 days in the month. Focus on 1 habit that will really improve your life (don't try to do them all). You have options! Remember YOU are in charge of your life. #sarahnsays #ccmay19

My May Healthy Habits:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Healthy Habit Option #1: Keep a gratitude journal	Healthy Habit Option #2: Read or watch inspiration content	Healthy Habit Option #3: Avoid interrupting anyone	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	Get your family and friends involved! #sarahnsays #ccmay19