

August 2024

SUN	MON	TUE	WED	THU	FRI	SAT
			 <p>GROWTH MINDSET</p>	<p>1</p> <p>What do you want to accomplish in August?</p>	<p>2</p>  <p>It's okay to ask for help</p>	<p>5</p> <p>Fix something that needs fixing</p>
<p>4</p>  <p>I LIKE HAVING A ROUTINE</p>	<p>5</p>	<p>6</p> <p>School will begin soon. Begin setting a routine for waking up and going to bed earlier.</p>	<p>7</p> <p>Make healthy food choices. Eat 5 fruits and vegetables</p>	<p>8</p> <p>Avoid complaining throughout the day</p>	<p>9</p> <p>Be outdoors</p> <p>Soak up the sunshine and enjoy the summer weather</p>	<p>10</p> <p>Go swimming</p> <p>Go to the beach</p> <p>Enjoy a picnic outdoors</p>
<p>11</p> <p>Read about a topic you want to know more about</p>	<p>12</p> <p>Set Goals</p>	<p>15</p> <p>Write down all the things you admire about yourself</p>	<p>14</p> <p>YOU CAN DO IT!</p>	<p>15</p> <p>Set a new morning routine to set yourself up for success each day</p>	<p>16</p> <p>Notice the beauty of nature on the way to school/work</p>	<p>17</p>  <p>Drink More Water</p>
<p>18</p> <p>Find a positive affirmation. Repeat this to yourself 5 times throughout the day</p>	<p>19</p>  <p>Sleep Well</p>	<p>20</p> <p>Go to bed early</p>	<p>21</p> <p>Don't let the past take up rent in your mind. Release old thoughts.</p>	<p>22</p> <p>Have a phone-free night.</p> <p>Play a board or card game</p>	<p>25</p>  <p>HAPPY THOUGHTS</p>	<p>24</p> <p>Try a 5 minute relaxation video or podcast</p>
<p>25</p> <p>Enjoy the outdoors</p>	<p>26</p> <p>Plan for healthy meals this week</p>	<p>27</p>  <p>It's okay to feel your feelings</p>	<p>28</p> <p>Compliment someone</p>	<p>29</p> <p>See the good traits in others</p>	<p>50</p> <p>Journal about the small success you had during August</p>	<p>51</p> <p>I matter</p>