

DAILY “VACATION” CHALLENGE (January/February 2023)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	1	2	3	4	5
6	7	8	9	10		

Spend at least 10 minutes each day actively resting (not sleeping, watching tv or scrolling). This is time you take just for yourself (preferably doing them alone) to recharge your body and mind. Some examples include: exercise, breathwork, journaling, reading, doing a crossword or other puzzle, taking a bath, baking/cooking for fun, knitting, crafting, etc. **This is a permission slip for you to relax and restore!**

Write down the activity that you choose each day and how long you spent doing it. You can combine activities as well to reach a total of 30 minutes!