

FEBRUARY

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SUN	MON	TUE	WED	THU	FRI	SAT
				1 Buy Whole Foods instead of processed.	2 Feeling sad? Let the tears fall because they can heal.	3 Refrain from Gossip
4 Meditate for 10 Minutes	5 Chew Slowly	6 Tell/Text someone you are grateful for them	7 Ask for a Hug	8 gently shut doors you enter and exit today	9 Stretch and Breathe Deeply	10 Listen. Quietly.
11 Journal for 5 minutes	12 Square your Shoulders	13 Open the door for someone.	14 Say, I LOVE YOU (to yourself)	15 Take a deep Breath and then be Brave!	16 Light a candle and watch it flicker.	17 Stand in a patch of Sunlight .
18 Go to Bed Early	19 Follow a good Prompting	20 Add Spinach to your Smoothie or eat a Salad.	21 Smile. All Day!	22 Give yourself permission to not be Perfect	23 Take a deep Breath and then be Brave!	24 Call.. NOT text, a Friend on the phone!
25 Color or Paint Something	26 Drive Home a little Slower	27 Give yourself a Face Mask (Guys too)	28 Write Down 3 things this month has taught you			