

# FEBRUARY

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