

# AUGUST 2019

SUN	MON	TUE	WED	THU	FRI	SAT
				1 Be mindful of how you start your day	2 Pay attention to how situations make you feel	3 Pay attention to your environment how does it feel?
4 Sleep in if possible and "take the day off"	5 Turn off the morning news start your day in peace	6 Listen to the TedTalk: How to Make Sensitivity Your Super Power	7 Journal about your experiments with how things make you feel	8 Turn your car radio off and be mindful of your commute	9 Go to bed early and don't bring electronics with you	10 Get a massage and enjoy the peaceful environment
11 Plan out your week so there's no last minute rushing around	12 Find a program you'd like to listen to on Hay House Radio	13 Find happy news by reading "6 Websites to Find Happy News"	14 Start limiting your contact with Toxic People	15 Be mindful and in the moment with loved ones. Listen.	16 Wrap up work today and don't bring it home for the weekend	17 Do a Float in a deprivation tank
18 Relax and enjoy your friends and family today.	19 Replace harsh lighting with softer lights at home	20 Create electronic free dinner times with your family	21 Spend more time with the people who lift your energy	22 Listen to the TedTalk Are You Too Sensitive?	23 Relax and enjoy a quiet evening in with family and/or friends	24 Go out in nature either in a park, during a hike or in your backyard
25 Take a restorative yoga class	26 Listen to the Podcast Highly Sensitive People	27 Arrive to work before others to work in quiet	28 Take a lunch time stroll in nature	29 Take an evening bath, light candles, and relax	30 Turn off the evening news to end your week in peace	30 Find a Yin Yoga class
31 Journal about any changes you've noticed in how you feel						