

S M T W T F S

01

Reflect on your goals for the month ahead.

02

Tune into the Daily Jay today.

03

Use movement as medicine.

September

“Remember that if you really want to motivate yourself, love is more powerful than fear.”

- *Kristen Neff*

04

What's a gift you can give yourself today?

05

Create a “to be” list.

06

Plan a nourishing meal for the week ahead.

07

Remember: we all make mistakes.

08

Celebrate a small win.

09

Create a weekly spending budget.

10

Do something just for fun.

11

Go slowly. Busier doesn't mean better.

12

Set a small, exciting goal.

13

Seek support (if you need it).

14

Create space to express your full self.

15

Notice where you are pushing in your life.

16

Remember: you are more than your to-do list.

17

Take a midday walk.

18

Ask yourself: What did I do right today?

19

Visualize yourself completing specific tasks.

20

Write down 3 reasons you're proud of yourself.

21

Take 1 small step towards a commitment.

22

Stay connected to your body today.

23

Take 3 deep breaths before each activity.

24

Organize your living space.

25

Where could you ask for help today?

26

Take a 20-min break today. Do nothing.

27

Call a friend or loved one.

28

Dedicate time to self reflection.

29

Take one thing off your to-do list.

30

Choose to respond to frustration with wisdom today.

Calm