

March Theme: Awaken

This is it!
community

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Preparations						1 Purchase gifts and/or cards for friends or family with birthdays this month	2 Go through the photos from January and February on your phone and organize them
	3 Call or text a friend you've meant to catch up with and see if they're free for coffee this weekend	4 Set out a glass or bottle so it's ready to collect rain water this month	5 Think about how you can cultivate more joy in your home. Maybe plan some spring decor.	6 Are there any doctors appointments you need to make?	7 Wipe down your houseplants with water and a soft cloth	8 Add a book with a nature theme to your reading list this month	9 Block off some 'me time' on your calendar this month
Mind	10 Spend time with an animal today	11 Do yoga at home (or sign up for a class)	12 Pay attention to your breathing today. Take a break for some deep, relaxing breaths.	13 Make yourself some tea and savor it	14 Make (or purchase) a spring garland for your mantle	15 Clear clutter. Pick one spot in need, set a timer for 30 mins, and give it your attention	16 Look for a butterfly and just watch it
	17 Read a favorite fairytale	18 Find a poem about spring. It might become a new favorite.	19 Play a favorite song for motivation and move to it	20 SPRING EQUINOX Celebrate the first day of spring today	21 Watch your favorite movie that takes place in spring	22 Drive with your sunroof or windows open	23 Send a brief text to a favorite person and tell them you're thinking about them
Favorites	24 Do you have any goals or ideas you'd like to begin in April? Start planning today.	25 Take a long and restorative bath or shower	26 As you walk around outside, pay attention to the sounds of the birds	27 Add a new plant to your garden or pot it somewhere in your home	28 Go for a long walk in your neighborhood	29 Pack a picnic and take it outdoors	30 Make or order a healthy green juice or smoothie
	31 Say farewell to the month of March and reflect on your favorite moments			<p><i>Lady, you deserve a prize! How will you treat yourself for working your way through this month's theme?</i></p> <hr/> <p><i>prize</i></p>			

As nature awakens, so do you. Focus on your priorities and check-off each day as you work your way through the March theme.