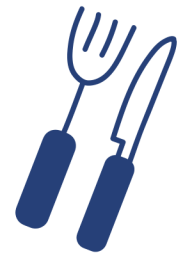


JANUARY



GIVING KITCHEN.ORG

1
Set an intention
for the year ahead

2
Reach out to a
loved one you
haven't spoken to
in a while

3
Do something
creative today, like
painting or
drawing

4
Think on a conflict
you had last year
and how you'd
approach it now

5
Do a workout
video on Youtube
to get your blood
pumping

6
Take a short walk
to get some fresh
air

7
Write a note to
your future self.
Put it somewhere
you won't lose it

8
Take 30 minutes
today to do
nothing and rest
your mind

9
Write down 3
things you're
grateful for

10
Check out a new
restaurant you've
been thinking
about

11
List out 5 things
you're looking
forward to in the
next week

12
Stretch for 15
minutes today

13
Try deep breathing:
Take a deep breath,
hold it for a few
seconds, then exhale

14
Pick one thing
that's been on your
to-do list and do it

15
Eat a satisfying
and healthy snack

16
Go to sleep a little
earlier than
normal

17
Stay hydrated! Use a
reusable bottle and a
timer on your phone
to be accountable

18
What's your biggest
stressor currently?
How can you manage
it? Journal it!

19
Gently massage the
back of your neck for
one minute

20
Practice a meditation
to calm down after a
stressful moment for
five minutes

21
Fit a green veggie
like broccoli, kale,
or spinach into
your day

22
When you leave your
home this morning,
what is the first
sound you hear?

23
Is there an upgrade
you can make in your
workspace to make it
more inviting?

24
Cross something
off your to-do list
that will free up
your headspace

25
Make a thoughtful
comment on a
friend's social post.

26
Look at your monthly
subscriptions and see
if you still want them
all

27
Think about a
quality that you
have that you're
proud of.

28
Get 15 minutes of
sunshine if you
can!

29
How do you feel
physically and
emotionally right
now? Journal it!

30
Notice any tension in
your body and tell
your brain it can
release the tension

31
What new habits
do I want to try
and implement
next month? Why?

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FEBRUARY



1
Give yourself a big hug

2
Do a simple breathing exercise. Breathe in for 5 seconds, breathe out for 5 seconds

3
Gently massage the back of your neck in a circular motion for one minute

4
When you walk into work, what's one thing you like about your environment?

5
Be aware of the food you eat today all your senses: what do you taste, smell, see, etc?

6
Search Youtube for "five minute bedtime yoga" and try one of the videos

7
What are some healthy habits you can work into your daily life? Journal it!

8
Stop what you're doing and drink a glass of water.

9
Send a thank you note, email, or message.

10
Delete an app that does not bring you joy off of your phone.

11
During a break today, take a walk or spend a few minutes stretching

12
Try something new that you've been interested in

13
Are your shoes comfortable and supportive? Is it time for a new pair?

14
Do something that shows YOU that you love yourself

15
Tell a coworker that you appreciate their hard work

16
How is this month going? Is there something you'd like to get back on track?

17
Leave your phone in another room or turn it off for an hour

18
Take a 5 minute stretch break

19
What is a boundary others often cross and what could you say to prevent it?

20
Focus your gaze on an object that brings up a happy memory

21
Think of someone you want to become friends with and reach out to them

22
Read a short poem and write down how it made you feel

23
Think about your to-do list, is there anything that can be erased completely?

24
How can you show kindness to yourself today? Journal it!

25
Do something fun that gets your heart rate pumping

26
Take twice as long to unwind before bed tonight

27
You're a mix of the 5 people you spend time with. What does that mean for you?

28
What worries you about the future. Is there anything you can do to feel better?

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MARCH



GIVING KITCHEN.ORG

1
Find an affirmation online that you tell yourself everyday this month

2
Tai Chi can promote self-care and improve overall health. Try a video on Youtube

3
Daydream for ten minutes

4
See if a friend wants to read the same book as you so you can talk about it

5
What did you like most about yourself as a child? Can you channel that now?

6
Dance or sing along to a song you love

7
Take 5 minutes to meditate or simply sit with your thoughts

8
Do a short exercise video on Youtube like "7-minute workout"

9
What are some things that you enjoy doing? Can you make time for them? Journal it!

10
Declutter a surface in your home, like a table or nightstand

11
Enjoy a bedtime tea like chamomile tonight

12
During a break today, take a walk or spend a few minutes stretching

13
Try equal breathing: Inhale for a count of four, then exhale for a count of four

14
Get 30 minutes of exercise doing something you enjoy

15
Try out a new recipe for lunch or dinner

16
Ask a friend to have a conversation about a topic that you both like

17
Do a walking meditation for ten minutes on Youtube

18
Make sure your voicemail message reflects how you currently show up

19
Look up the lyrics to a song you like and really read them

20
Next bathroom break, take a minute, close your eyes and focus on breathing

21
Gently massage your scalp in circular motions for one minute

22
Send a handwritten letter or card to someone

23
Reframe a negative feeling you have about yourself into a positive one

24
Take five minutes to do a Sun Salutation (pick any of the top results on Youtube)

25
Replace candy or salty snacks with fruit, veggies, or nuts today

26
Check your phone or email notifications and turn something off

27
Enjoy some sunlight as soon as you wake up

28
What is something you've put off that would benefit you if you did it now? Do it!

29
Ask a friend to share a nice memory they have of your friendship

30
During your break, listen to some calming sounds on Youtube

31
Write down the best things that happened this month

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APRIL



GIVING

KITCHEN.ORG

1 What's something that if you achieved it this month, would make your life easier?	2 Gather whatever you need for your taxes	3 What's something you've accomplished recently that you're proud of? Journal it!	4 Wash your sheets, pillowcase, and bath towel	5 What are three words you'd like to live by?	6 Tell a friend or family member something you admire about them	7 Search Youtube for "five minute stretch" and try one of the videos
8 What can you do to make your work routine smoother or less stressful?	9 Do ten reps of ten simple exercises like situps and pushups	10 Can you squeeze in 15 minutes to rest your eyes or take a nap today?	11 After your shift ends, see if you can avoid substances, including caffeine and sugar	12 Spend 15 minute learning something new	13 Instead of scrolling, call or text a friend or family member	14 On your way to work, identify one thing you like about your commute
15 Celebrate finishing your taxes!	16 Do hear birds sing where you are? Can you go somewhere to hear them?	17 Go for a walk during your break	18 Spend 30 minutes expressing yourself in a creative way	19 What's something you can do to take care of your physical health today? Do it!	20 Do a mindful eating meditation for five minutes on Youtube	21 Daydream for ten minutes
22 With your hand, feel your belly expand as you inhale and deflate as you exhale	23 Take an hour (or a day!) away from screens	24 Do a breathing exercise 30 minutes before bed	25 Reconnect with a friend you haven't spoken to in a while	26 Identify something stressful that you can cut out of your week	27 Massage your hands in circular motions for one minute	28 Next time you leave work, quietly say to yourself, "I'm leaving work at work"
29 What's one kind thing you would say to your teenage self?	30 Who was the person who supported you the most this month?					

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MAY



GIVING KITCHEN.ORG

1
Who would you like to have a deeper relationship with by the end of the month?

2
What are three words you'd like to live by?

3
What are your personal values? How can you align your actions with them?

4
Find something in your home you haven't touched in a year. Get rid of it!

5
Ask a friend or family member if they're interested in a short walk or hike

6
Light a candle that is a relaxing scent like lavender, chamomile, or sandalwood

7
Write down something that's stressing you out and tear it up

8
See what shapes you can spot in the clouds in the sky or shadows on the ground

9
Is there something you can do daily that would make life easier? Try it today!

10
Ask a loved one if there's anything you can do to help them

11
If you could wish for one thing except money, what would it be? Write it down

12
Massage your feet for one minute, paying special attention to the arch and heel

13
Try a peaceful place meditation where you visualize a peaceful place you have been

14
If you're able, are there stairs you could take today instead of an elevator?

15
What is the most stressful part of your shift? Write about it

16
Clean out the "stuff drawer" in your home (you know, with the mail and other things)

17
Share a happy memory with a loved one

18
Forgive yourself for something

19
Stock up on healthy snacks like fruit, vegetables, dried fruit, and nuts

20
What does your breath sound like to you? Waves? Wind? A rain stick?

21
Read a chapter of a book on your break instead of reaching for your phone

22
Spend 30 minutes expressing yourself in a creative way

23
What's something you can do to take care of your mental health today? Do it!

24
Is there anything in your living space you can fix, like a door handle or a shelf?

25
Collect a few leaves. Compare their shapes, veins, textures, and smells

26
Do you remember where you were this time last year? What's different?

27
Do a chore you've been putting off today

28
Where do you keep your belongings at work? Could spruce up that space?

29
Inhale for a count of four, hold for four, exhale for four, hold it out for four

30
Do a bedtime meditation for five minutes on Youtube

31
Did you avoid self-care this month? How can you prioritize it?

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JUNE



GIVING KITCHEN.ORG

1
Take a moment to reflect on what love means to you

2
Read about how to create LGBTQ+ friendly spaces in restaurants

3
Try three easy activities to create a relaxing bedtime routine

4
Do something nice for a stranger

5
Dance to three songs that get your blood pumping

6
Give yourself a hand massage during a quiet minute at work today

7
What is a positive affirmation you can repeat to yourself throughout the day?

8
Do you pay bills or do something manually? Could you automate one thing?

9
During your next meal, notice the texture, smell, taste of your food

10
Massage your chest in circular motions for one minute

11
Check in with yourself during your shift. Is your body is telling you anything?

12
Try some aromatherapy during your bathroom break with a slice of lemon

13
Swap your afternoon coffee for herbal tea

14
Ask a friend or family member how they are and take the time to listen

15
Treat yourself (in whatever way you'd like!)

16
Is your state creating anti-LGBTQ+ laws? How does that impact you or loved ones?

17
Find some flowers outside and watch them flutter in the breeze

18
During your break, wash your face to feel more refreshed

19
Look up something you've wanted to learn and then share it with someone else

20
Take an hour (or a day!) away from screens

21
What are some things that you appreciate about your body? Write them down

22
Do a morning meditation for five minutes on Youtube

23
What's something small that would make your workspace more enjoyable?

24
Inhale for a count of four, hold for seven, exhale for eight. Repeat 4 times

25
Wash your bedsheets and bath towel

26
Invite a friend to a local museum or festival on your day off

27
Who are the three people who support you the most?

28
Assess your sleep environment and make one change to make it more inviting

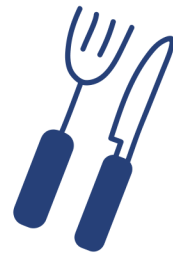
29
What's something you could say "no" to at work?

30
What challenges did you face this month? How did you deal with them?

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JULY



GIVING

KITCHEN.ORG

1
What does relaxation look like to you this month?

2
What's 1 thing you wish others knew about you? How could you share that?

3
Try a beginner dance video on Youtube

4
What are your top priorities for this week? Write them down

5
Clean out your pantry and reflect on any unhealth eating habits you discover

6
Track your spending for the next week. Is there anything you'd like to cut out?

7
Get outside in the sunlight for 30 minutes

8
Make something with your hands that has nothing to do with food

9
Let your favorite customer know that they're your favorite customer

10
Gently massage your abdomen in circular motions for one minute

11
Schedule a friend date with someone you haven't seen in a while

12
Learn how to make a mocktail you enjoy

13
Do a sound bath meditation for five minutes on Youtube

14
Breath in through your nose, out through your mouth for 3 minutes

15
What makes you laugh every time you think, hear, or see it?

16
Roll your wrists, ankles, neck, and shoulders to loosen up

17
Instead of scrolling, call or text a friend or family member a joke

18
Come up with a creative way to save time or effort in your job

19
Swap junk food for a healthy food of the same color, i.e. carrots for Cheetos

20
What are three things that you are grateful for today? Write them down

21
Think about three things that went well today

22
Close your eyes and listen to the sounds around you for one minute

23
Make an appointment you've been putting off, like the doctor or dentist

24
Tell someone's supervisor about something they did really well

25
As you fall asleep, just notice your thoughts and visualize them floating away

26
Write 5 things you love about yourself on a post-it. Put it somewhere visible

27
If you're hanging onto a negative interaction from the last few weeks, let it go

28
Plan a substance-free evening with friends

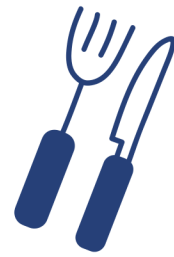
29
Get creative and use home items for exercise equipment, like chairs

30
Spend time mindfully doing hair care today

31
Write down the best thing that happened this month

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AUGUST



GIVING

KITCHEN.ORG

1
What's something you'd like to achieve this month?

2
Spend 15 minutes walking around a neighborhood green space

3
Hold space for someone who is feeling grief (it can be yourself!)

4
See if you can finish one task before you begin the next today

5
What's one thing you would tell a therapist right now?

6
Locate and secure your social security card, birth certificate, and/or passport

7
Try lion's breath breathing for one minute (Google it for quick directions)

8
What is a boundary that you need to set in order to protect your wellbeing?

9
Do a body scan meditation for five minutes on Youtube

10
Stretch during your break today

11
Do you have feelings of sadness? Take time today to process those if you're able

12
Soak your feet in hot water and Epsom salts while you eat or watch TV tonight

13
Say "no" to something that is draining for you

14
Start the day with protein and fruit

15
Volunteer with or donate to a cause you care about

16
Check your credit score

17
Put your pillowcase in the freezer before you go to sleep

18
Start your shift with a big glass of water

19
Take a quiet walk on your own to your favorite neighborhood spot

20
Identify your screen triggers (boredom, stress, tiredness, etc.)

21
Throw away expired items from your fridge

22
Massage the muscles around your shoulder blades for one minute

23
What makes you feel most at peace? Try and take time for it today

24
Unfollow a social media account that doesn't bring you joy

25
Try out a new, simple recipe using your favorite ingredient

26
Try out a positive affirmation for today

27
Praise a coworker in front of others

28
Ask your boss for feedback

29
What is something that you can do to nourish your soul today? Write it down

30
Stay away from screens for an hour before bed tonight

31
Reflect on your goal to achieve something this month.

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SEPTEMBER



GIVING KITCHEN.ORG

- | | | | | | | |
|--|---|--|--|--|--|---|
| 1
What does it look like to nourish your body this month? | 2
What would you say to a friend who was struggling? Say that out loud to yourself | 3
Try humming breath for one minute (Google it for quick directions) | 4
Do a loving kindness meditation for five minutes on Youtube | 5
Have an issue with a friend/coworker? Start by listening instead of being upset | 6
Eat a solid meal during your shift today | 7
When do you feel happiest? Hold time to do that or embody that today |
| 8
After your shift, try staying phone-free for the rest of the day | 9
What is something that you're looking forward to? Write about it | 10
Restock your pantry with healthy staples | 11
Massage the muscles in your calves with circular motions for one minute | 12
Frozen fruits/veggies are just as nutritious as fresh. Buy some that you like! | 13
Try a sport or activity you've never done before | 14
When you get stressed, stop, take a breath, observe, and proceed |
| 15
Try a new activity or interest | 16
See if you can check your social media apps just once today | 17
Is there a tradition you used to have with friends/ family that you'd like to restart? | 18
What is a habit or behavior that you would like to change? Write about it! | 19
Tell a friend or family member you care about them | 20
Stretch or move whatever part of your body is sore | 21
Thinks about which foods make you feel healthy and energized |
| 22
Avoid caffeine and alcohol before bed and see if it helps your sleep | 23
What does productivity mean to you? What's your view productivity? | 24
Clean out your purse or backpack | 25
Celebrate National Food Service Employee Day with your coworkers | 26
Try Ujjayi breath – (Google it for quick directions) | 27
Ask a coworker if there's something they need help with, at or outside of work | 28
Head to the library and check out a book |

29
Is there a part of your body you'd like to be stronger? Focus on that today

30
What are you most proud of this month?

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OCTOBER

GIVING KITCHEN.ORG

1
Schedule your annual physical if you haven't already

2
Eat a protein-rich breakfast today

3
Ask a friend or family member if there's a one-off class they'd take with you

4
Replace alcohol or caffeine with water at work today

5
What's something that would make this season special?

6
What's something that you've learned recently. How can you apply it to your life?

7
Spend some time with an animal today, if you're an animal person

8
What energizes you the most? Hold time to do that or embody that today

9
Inhale through your nose, purse your lips, exhale through your lips. Repeat 4 times

10
Do a new hobby you've been meaning to try

11
Does what you wear to bed contribute to your relaxation and happiness?

12
Purge your drawers and closet of things you don't wear anymore

13
Share a song with a friend and tell them why it made you think of them

14
Next time you grab your phone to scroll, stop and ask yourself if you need to

15
Listen to your body if you have to get off your feet or rest at work today

16
Massage the muscles in your arms with circular motions for one minute

17
If you can run, go for a quick 1 mile run. See if you can increase it after a few days

18
Make sure to get 8 hours of sleep tonight

19
What is the easiest way to record your thoughts in a meaningful way?

20
Put your phone away at a time you would have used it, like while you commute

21
Say three things you admire about yourself out loud

22
Try out a new recipe today

23
Doodle with crayons, watercolors, or even a pencil or a pen for 15 minutes

24
Do a visualization meditation for five minutes on Youtube

25
What is something that you can do to connect with a loved one or friend today?

26
What would preventative self-care look like for you? Write about it

27
If you live with other people, talk to them about how to improve your home

28
Is there something you could do to make your workspace safer?

29
Set a timer for 10 minutes and walk in any direction, then return to the start

30
Ask a coworker you don't know very well about their interests, or hobbies

31
What am I really scared of and how does that fear impact me?

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NOVEMBER



1
What does it mean to rest this month?

2
Prepare a healthy snack for yourself

3
Can you build restorative time into your shift today?

4
Before you walk through doorways today, pause and take a deep breath

5
Go to bed as soon as you think about it tonight

6
Send a thank-you note (or text or call) to someone

7
Do something easy that still works your muscles

8
Where is there "white space" or time for rest on your calendar this week?

9
What or who inspires you? Do or say something that embodies inspiration

10
How can I create a more peaceful and calming environment in my living space?

11
Stay away from screens during your shift today

12
Give a stranger a compliment

13
Try deep breathing for one minute: Notice how you feel before and after

14
Try not to double-screen today (phone/TV, phone/laptop, etc.)

15
Do nothing for five minutes today

16
Say three things that you love about yourself out loud

17
Do a self-compassion meditation for five minutes on Youtube

18
Use a mantra for sleep tonight, like "I am ready and open to restorative sleep"

19
How can you slow things down during your most hectic time at work?

20
Try eating with your non-dominant hand for a playful take on mindful eating

21
Tell someone how grateful you are that they are in your life

22
Who can you connect with today who will bring you the most joy?

23
Clean a space in your house and combine your cleaning with a little exercise

24
Massage the muscles on either side of your spine in circular motions for 1 minute

25
Do a puzzle or play a game that doesn't involve a screen

26
Tell someone at work that you are grateful for them

27
Reward yourself for completing something on your to-do list

28
What are some ways I can incorporate more mindful rest into my daily routine?

29
Say three things you're grateful for out loud

30
Write down the best things that happened this month

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DECEMBER



1
Find the note you wrote to yourself in January

2
Is there anything you need to wrap up before the end of the year?

3
Angry or frustrated? Pause, take a breath, choose how you want to continue your day

4
Put your top 10 favorite peoples' birthday's in your calendar

5
Dance while you get ready for the holidays

6
Every time you wash your hands today, take that time to focus on your breath

7
Take a break from social media today

8
What activities make me feel most self-cared and at ease? Write it down

9
Look at pictures from a happy time in your life

10
Try to get eight hours of sleep tonight

11
Text a friend or family member just to say you're thinking of them

12
Prepare a healthy meal for yourself

13
Enjoy an hour-long activity that doesn't involve screens

14
Massage your temples, forehead, and jaw in circular motions for 1 minute

15
Think about your fitness goals for next year - how can you prepare now?

16
Take your break somewhere different today

17
Ask a coworker how they're feeling today

18
Get rid of some notifications you don't need

19
Try abdominal breathing for 1 minute. Focus on your belly as you breathe

20
Imagine a thing that has been bothering you floating away

21
Have a meaningful conversation with someone new today

22
Congratulate yourself on something you did well this year

23
Close your eyes and listen to your favorite song

24
Do a guided imagery meditation for five minutes on Youtube

25
What are you really good at at work? Praise yourself for your skills and talents

26
What do I need to let go of in order to feel more at peace? Write it down

27
Sit down to eat your meals today instead of eating on-the-go or multitasking

28
Is there anything on your to-do list you'd like to cross off before the end of the year?

29
Try heading to bed an hour earlier than normal tonight

30
Visualize what the end of next year could look like for you

31
Take 10 minutes to reflect on all you accomplished this year

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