

# September

## Just Bee's 30-Day Slower Living Challenge

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<b>1</b> Read a book or magazine before bed tonight, even if it's just for a few minutes.
<b>2</b> Happy Sunday! Take a nap - or a "pretend nap" (at least be horizontal, and close your eyes!) for a little bit today.	<b>3</b> Start this week off with some positivity: write down 3 encouraging statements or compliments to yourself!	<b>4</b> Create your own music playlist of your favorite, more peaceful songs (or whatever songs that allow you to think).	<b>5</b> Look for one special way to make someone else's day today. Do they need a hug? A coffee at work? Flowers? A listening ear?	<b>6</b> Do at least a couple dishes by hand today - you can listen to music or a podcast while you do them!	<b>7</b> Make today your "focus on hydration" day. You'll feel a lot better! PS - try adding lemon slices to your water for a fresh change of pace!	<b>8</b> Visit a farmer's market, or take extra time to wander through the grocery store. Pick out some fresh fruits or veggies to try!
<b>9</b> Choose one chore that needs to be done today...and focus on doing it thoroughly and cheerfully!	<b>10</b> Call up a friend today, just to catch up! Alternatively, message them and set up a future date to get together!	<b>11</b> Begin your morning with some peaceful music, turned up loud!	<b>12</b> Savor a nice dessert or treat today!	<b>13</b> Do a simple stretching routine tonight before you go to bed.	<b>14</b> Sleep with the windows open, if the weather allows.	<b>15</b> Write a letter (even if it's a brief note) to a friend or a relative you haven't talked with in a while. Snail mail is still appreciated!
<b>16</b> Plan out and shop for a nice meal to cook from scratch (or at least to cook in your own kitchen) this week!	<b>17</b> Write a motivational quote or special verse on an index card. Take it to work with you today, or post it in your house.	<b>18</b> 3 separate times today, stop what you're doing and take several slow, deep breaths. (You can write these down ahead of time or set an alarm if you need to!)	<b>19</b> In place of watching TV or shows online today, turn on music instead!	<b>20</b> Write down a list of 15 things that make you smile, no matter how simple they are.	<b>21</b> Go on a walk today - whether it's a long one in the evening, or a refreshing shorter walk during your lunch break.	<b>22</b> Watch for beautiful, everyday scenes today - in nature or moments with people. Take 5 photos today that capture special memories.
<b>23</b> Leave your phone in another room for at least a couple hours today.	<b>24</b> End your day with a warm drink! Tea, a hot milk beverage, or even hot chocolate are fun options!	<b>25</b> Find yourself a new book to read! Stop by the library or bookstore today, order one online, or even select a book from your own shelf that you've been meaning to read!	<b>26</b> Go for a drive, or drive home a different way today - take a back road if you can, and drive a little slower. Drive with the windows down if possible!	<b>27</b> Print off a photo you love. It's important to get those photos off of our phones sometimes!	<b>28</b> Write what you've been thankful for this past month. You can write a note to God, write in your journal, or just make a bullet point list of everything you're grateful for in this moment.	<b>29</b> Make yourself a nice breakfast today! Whether it's an omelet, pancakes, or cinnamon rolls - soak up this time of the day.
<b>30</b> Take a bath (or an extra-long shower) today! Breathe deeply and enjoy!						