

MAY 2023

CREATED FOR PURPOSE

SUN

MON

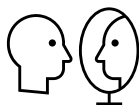
TUE

WED

THU

FRI

SAT



01

Commit to being purposeful this month, starting today

02

Boost your body and mind by laughing loudly

03

Spend as much time as possible in the fresh air today

04

Eat healthy foods today. Remind yourself of your purpose

05

Prioritize sleep and go to bed at a reasonable time

6

Pray at regular intervals today

07

Name the organs in your body and give thanks for each

08

Turn a regular task into a fun game

09

Try stretching as your condition allows

10

Reduce screen time today

11

Have a sugar-free day

12

Admire the budding leaves

13

Sing today – even if you think you can't sing!

14

Get natural light early today

15

Eat more protein today

16

Do an errand for someone

17

Read your Bible or respective Book today

18

Drink lots of water today

19

Phone someone you haven't connected with lately

20

Eat low-carb foods today

21

Set an exercise goal for the week

22

Notice 5 new things while on a nature walk

23

File bills and other paperwork

24

Review how you spent your time at the end of the day

25

Do yard or garden work

26

Listen to music and dance

27

Affirm your self- worth

28

Go walking with someone

29

Do a fun exercise during TV commercials

30

Thank the persons close to you for all they do for you

31

Speak kindly to yourself

Susanharris.ca

YOU WERE CREATED FOR PURPOSE

