

Reset and Refresh

As the summer winds down, it's a perfect time to reset your routine. Simple habits like setting regular sleep times, meal planning, or completing small chores creates structure, reduces stress, and increases productivity.

Challenges

Establish a set bedtime and wake up time (even if it's the weekend!)

Create a meal plan each week

Knock out one small chore (dishes, laundry, dusting, yardwork) each day

August

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