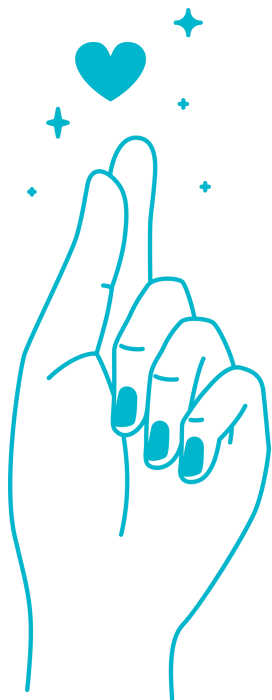


COMMIT TO *SELF-CARE*

JANUARY 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



Kick off the New Year by focusing on self-care. Commit to completing at least three activities from the list below.

- Get 7-8 hours of sleep each night. [Discover the benefits of a good night's rest](#)
- Read a book
- Follow a guided relaxation in the EFR app. Download the app using the QR codes
- Listen and share your favorite song
- Eat your favorite dessert



COMMIT TO *KINDNESS*

FEBRUARY 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

Spread kindness this month by committing to at least three activities from the list below.

- Volunteer your time
- Make a donation (blood or plasma, or gently-used household items)
- Become an organ donor
- Practice active listening
- Say “please” and “thank you”



COMMIT TO *NUTRITION*

MARCH 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Fuel your mind and body by practicing good nutrition!
Commit to at least three activities from the list below.

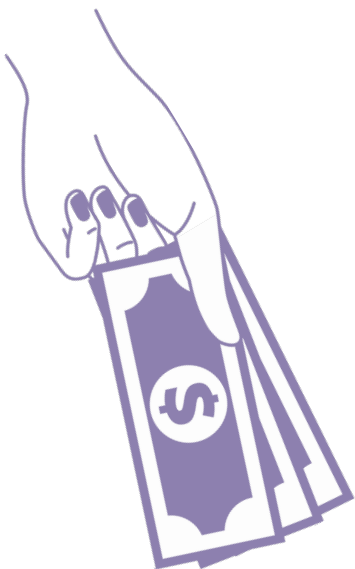
- Drink half your weight in ounces of water. **Check out all the ways hydration fuels you!**
- Read a nutrition label
- Make half your plate fruits and vegetables
- Pack a healthy lunch. **Learn how to prepare a fast healthy meal with Dietician Susie Roberts**
- Reorganize your fridge and pantry



COMMIT TO *SAVING*

APRIL 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						



Focus on your financial well-being by committing to at least three activities from the list below.

- Listen to the **Emotion Well** podcast to explore financial freedom
- Adjust your thermostat back 7-10 degrees from its normal setting when you are away from home
- Check your credit score
- Explore your **financial consulting benefit**
- File your taxes



COMMIT TO *FEELING*

MAY 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

May is Mental Health Awareness Month. Explore and embrace your feelings by committing to at least three activities from the list below.

- Schedule a counseling session using your EAP benefit. [Learn what you can expect here](#) or call 800.327.4692 to connect with a counselor
- Smile and laugh
- Take a break from social media. [Find out how social media fuels FOMO](#)
- Acknowledge your achievements
- Take the [DASS-21 assessment](#)



COMMIT TO *GROWTH*

JUNE 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

Explore growth opportunities to expand your mind.
Commit to at least three activities from the list below.

- Explore your [Life Coaching benefit](#)
- Listen to the [Emotion Well podcast to explore the Enneagram](#)
- Learn how to say hello in three languages
- Visit a library or museum
- Watch a documentary



COMMIT TO *CONNECTION*

JULY 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					



Spend time connecting with others. Commit to at least three activities from the list below.

- Have dinner or coffee with friends
- Go on a walk with a friend or pet
- Call someone out of the blue
- Connect with a new colleague
- Join a book club



COMMIT TO *MOVEMENT*

AUGUST 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Focus on fitness by committing to at least three activities from the list below.

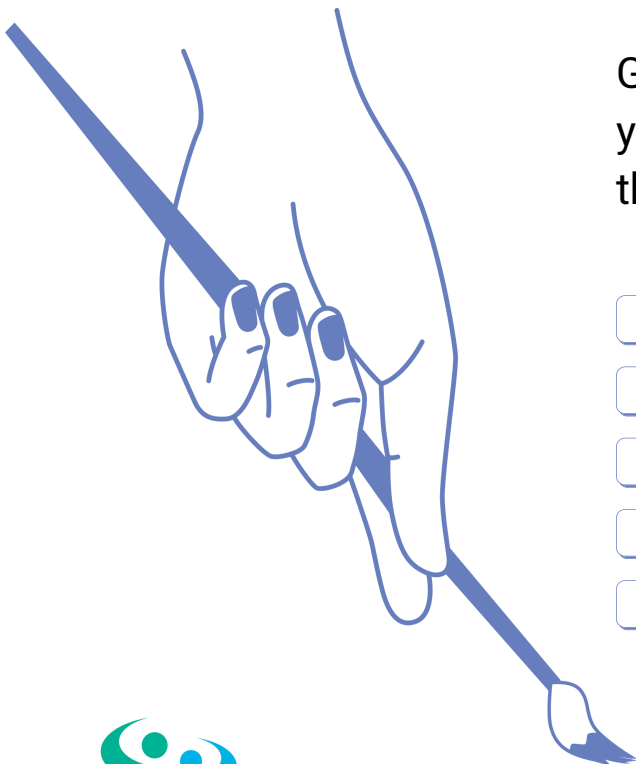
- Take 10 minutes to stretch
- Try an online workout
- Explore a trail or walking path
- Go for a ride – bike, skate, blade, or scoot!
- Reach 7,500 steps/day



COMMIT TO *CREATIVITY*

SEPTEMBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30



Get creative by tapping into the right side of your brain. Have fun and commit to at least three activities from the list below.

- Make art– draw, paint, or sculpt!
- Try a DIY project
- Try a new recipe
- Create a vision board
- Write a short story



COMMIT TO *PREVENTION*

OCTOBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Prevention is the best medicine. Commit to at least three activities from the list below.

- Get a flu shot
- Schedule your next dentist appointment
- Schedule your next eye appointment
- Do a self-exam (skin, breast, or testicular)
- Wear sunscreen



COMMIT TO *GRATITUDE*

NOVEMBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		



During this month of thanksgiving, commit to at least three activities from the list below.

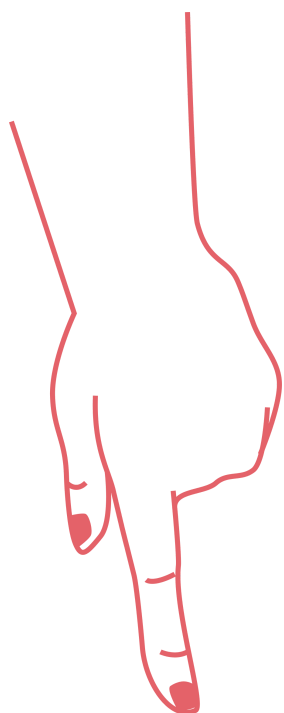
- Make a gratitude jar or journal
- Watch **EFR's webinar about gratitude**
- Focus on what you have
- Write a thank you note
- Thank a colleague



COMMIT TO *BOUNDARIES*

DECEMBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30



Protect your time and priorities by committing to at least three activities from the list below.

- Practice saying “no”
- Unplug from work and email** after hours
- Take your lunch break
- Silence or set your phone to Do Not Disturb for two hours
- Ask permission to hug or shake hands

