



# Monthly Motivators

# August 2024



## **GOAL:**

Try something new two days per week!

Use the calendar to keep track and the examples to get started.

S	M	T	W	T	F	S
				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

## **Simple ways to try something new:**

- Take a class for fun or growth
- Try a different form of exercise
- Eat a new food or type of cuisine
- Explore a hobby you're interested in
- Learn a personal or professional skill
- Check something off your bucket list