

SAMPLE

2023

Live Inspired →
CALENDAR



CHOOSE A PATH

No matter what your vision of personal growth entails, you can achieve your goals and increase your self-value by making choices in favor of self-care.

Tailor your personal growth plan and goals to work toward becoming the best version of you possible.

1. Think about what you really want. Career growth, better relationships, improved health?

2. Discover the "why." What is the driving force behind your goal?

3. Identify obstacles. Perceive challenges as opportunities.

1. _____
2. _____
3. _____

4. Utilize tools. What resources are available to you?

Books: _____

Programs: _____

Coaches or mentors: _____


5. Believe in yourself. You are capable of achieving your dreams.

6. Keep track in writing. Write out your plan and track your progress to increase focus.



HEALTHY REMINDER:

Celebrate your progress. Personal growth is a journey so appreciate the effort you put in as you continue.

Write a "B" in the date squares below once a day as a reminder to BELIEVE in yourself! 

JANUARY

Observances: Cervical Health Awareness
National Blood Donor | Glaucoma Awareness

SAMPLE

Celebrate
what you want more of

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 <small>New Year's Day</small>	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16 <small>Martin Luther King Jr. Day</small>	17	18	19	20	21
22 <small>Chinese New Year</small>	23	24	25	26	27	28
29	30	31				

SAMPLE

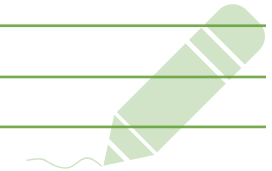
December 2022

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February 2023

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Plan Ahead Goals for January 2023:



COOKING TIPS TO BENEFIT YOUR HEART

Buy and cook foods that benefit your body and mind. If you don't bring unhealthy foods home, they aren't there to tempt you. Use these tips to inspire heart healthy habits in the kitchen:

Meal plan. Save time and money by mapping out a week's worth of delicious meals.

Prepare a meal with vegetables. Pick 2 or 3 vegetables.

Use healthy vegetable oils such as canola, olive, safflower, or sunflower.

Choose healthier meats and proteins, like chicken, turkey, fish, and beans.

Give healthy cooking techniques a try. Bake, broil, grill, roast, sauté, steam, or stir-fry.

	Choose 2-3 Vegetables	Healthy Oil	Lean Protein	Cooking Technique
M				
T				
W				
TH				
F				
S				
S				



HEALTHY REMINDER:

Have fun in the kitchen. Experiment with new dishes and make creating meals into an experience to enjoy with loved ones.

Write an "H" in the date squares below on each day that you prepare a healthier meal at home.

FEBRUARY

Observance: American Heart Month

Happiness
is homemade

SAMPLE



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>January 2023</p> <p>S M T W TH F S</p> <p>1 2 3 4 5 6 7</p> <p>8 9 10 11 12 13 14</p> <p>15 16 17 18 19 20 21</p> <p>22 23 24 25 26 27 28</p> <p>29 30 31</p>	<p>March 2023</p> <p>S M T W TH F S</p> <p>1 2 3 4</p> <p>5 6 7 8 9 10 11</p> <p>12 13 14 15 16 17 18</p> <p>19 20 21 22 23 24 25</p> <p>26 27 28 29 30 31</p>		1 National Freedom Day	2 Groundhog Day	3 National Wear Red Day	4
5	6	7	8	9	10	11
12	13	14 Valentine's Day	15	16	17 Random Acts of Kindness Day	18
19	20 President's Day	21	22 Ash Wednesday	23	24	25
26	27	28	<p>Plan Ahead Goals for February 2023:</p> <hr/> <hr/> <hr/> <hr/>			

SAMPLE

COLORECTAL SCREENING: EMBARRASSING CONVERSATION OR LIFE SAVING TEST?

Colorectal cancer screening may seem embarrassing, but remember, this test may help save your life. Regular screening for colorectal cancer should begin at age 45. If you have risk factors for colorectal cancer, including inflammatory bowel disease or a family history of colorectal cancer, you might need to get screened earlier.

Colon cancer may be preventable, detectable, and treatable, if found early. Start the conversation with your doctor by asking these questions:

When should I be screened? _____

Which screening tests do you recommend for me?

How often do I need to be screened? _____

Are there any risks involved? _____

When and how will I get results from my test?

MARCH

Observances: Colorectal Cancer | National Kidney
National Nutrition | Save Your Vision

March
comes in like a lion...


SAMPLE

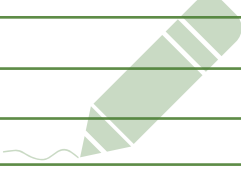


HEALTHY REMINDER:

In addition to regular screening, you may be able to reduce your risk of colorectal cancer by:

- Eating a variety of fruits and vegetables.
- Choosing whole grains over processed.
- Limiting red and processed meats.
- Getting regular exercise and staying at a healthy weight.
- Limiting alcohol and/or avoiding smoking.

Write an "FV" in the date squares below for each day you focus on adding more fruits and vegetables - aim for at least 5 a day. 

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<p>February 2023</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>TH</td><td>F</td><td>S</td></tr> <tr><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td></td><td></td></tr> <tr><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td></tr> <tr><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td></tr> <tr><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td></tr> <tr><td>26</td><td>27</td><td>28</td><td></td><td></td><td></td><td></td></tr> </table>	S	M	T	W	TH	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					<p>Plan Ahead Goals for March 2023:</p> <hr/> <hr/> <hr/> 			1	2	3	4						
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<p>Daylight Savings Time Begins</p>	20	21	22	23	24	25																																																	
26	27	28	29	30	31	<p>April 2023</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>TH</td><td>F</td><td>S</td></tr> <tr><td></td><td></td><td></td><td></td><td></td><td></td><td>1</td></tr> <tr><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td></tr> <tr><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td></tr> <tr><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td></tr> <tr><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td></tr> <tr><td>30</td><td></td><td></td><td></td><td></td><td></td><td></td></tr> </table>	S	M	T	W	TH	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						
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	<p>First Day of Spring International Day of Happiness</p>		<p>World Water Day Ramadan</p>																																																				
		<p>Diabetes Alert Day</p>																																																					

MINDFULLY GROUNDED

When responsibilities are piling up, instead of succumbing to overload, try these key strategies to manage the feelings:

Ground yourself with your senses in the present moment using the 5-4-3-2-1 technique:

5. Look around and name five things you can see.

1. _____ 2. _____
3. _____ 4. _____
5. _____

4. Listen and name four things you can hear.

1. _____ 2. _____
3. _____ 4. _____

3. Notice three things you can touch.

1. _____ 2. _____
3. _____

2. Breathe in and recognize two smells.

1. _____ 2. _____

1. Name something you can taste, like a sip of cold water.

APRIL

Observances: Alcohol Awareness | Distracted Driving
Autism | Oral Cancer | Stress Awareness

SAMPLE

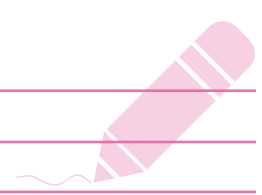
Make
happiness a habit

APR HEALTHY REMINDER:

Drinking alcohol to relax is a risky behavior that can increase stress. Limit alcohol intake to 2 drinks or less in a day for men and 1 drink a day or less for women.

Write an "LD" in the date squares below for each day you limit your drinking. 

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
March 2023 S M T W TH 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	May 2023 S M T W TH 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					1
2 Palm Sunday Autism Awareness Day	3	4	5 Passover National Walking Day	6	7 Good Friday	8
9 Easter	10	11	12	13	14	15
16	17	18	19	20	21	22 Earth Day
23	24	25	26	27	28	29
30	Plan Ahead Goals for April 2023: _____ _____ _____					



GOOD OLD FASHIONED FUN

Classic indoor and outdoor games have the added benefits of endorphins for the brain, exercise for the body, and fun for the soul! A few ideas to have a blast and to work up a sweat include:

Badminton - Set up net, grab a set of rackets and light birdies, and get active together in the backyard.

Hopscotch - Requires nothing more than chalk and a small object like a rock or bean bag for hopping good fun.

Four Square - Gather a rubber ball and four players, then draw four squares, one for each player to stand in. Bounce the ball between players in squares until a player makes an error and is eliminated.

Jump rope - Enjoy practicing basic jumping skills. Add rhymes to increase fun and variety to the game.

Hula hooping - Master the challenge of spinning the hoop around your waist and see who can keep it going the longest.

Games Plan:

1. _____
2. _____
3. _____



HEALTHY REMINDER:

Whether it's a workout at home or outdoors, games can be a fun way to spend time with your family, kids, and friends.

Write an "F" in the date squares below for each day you engage in fun and playful physical activity. 

MAY

Observances: Employee Health and Fitness | Arthritis Awareness
Skin Cancer | Mental Health | Asthma | Stroke



Appreciate
the moment

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7	8	9	10	11	Cinco De Mayo	13																																																	
World Laughter Day	15	16	17	18	19	20																																																	
Mother's Day	22	23	24	25	26	Armed Forces Day National Dog Rescue Day																																																	
28	29	30	31	<p>June 2023</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>TH</td><td>F</td><td>S</td></tr> <tr><td></td><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td></tr> <tr><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr> <tr><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td></tr> <tr><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td></tr> <tr><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td></td></tr> </table>	S	M	T	W	TH	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		<p>Plan Ahead Goals for May 2023:</p> <hr/> <hr/> <hr/> <hr/> 								
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	Memorial Day		National Smile Day World No Tobacco Day																																																				

PREPARE FOR EMERGENCIES

Basic supply list:


1. Water - one gallon per person per day
2. Food - non-perishable items that are easy to prepare
3. Flashlight
4. Batteries
5. Battery powered or hand-crank radio
6. Medications and medical items
7. First Aid Kit
8. Multi-purpose tool
9. Personal hygiene items
10. Copies of personal documents (medical information, proof of address, home deed/lease, passports, birth certificates, insurance policies)
11. Cell phone with charging chords
12. Emergency and family contact information
13. Cash
14. Emergency blanket
15. Candles and matches
16. Maps of the area

Location I will store my emergency kit:



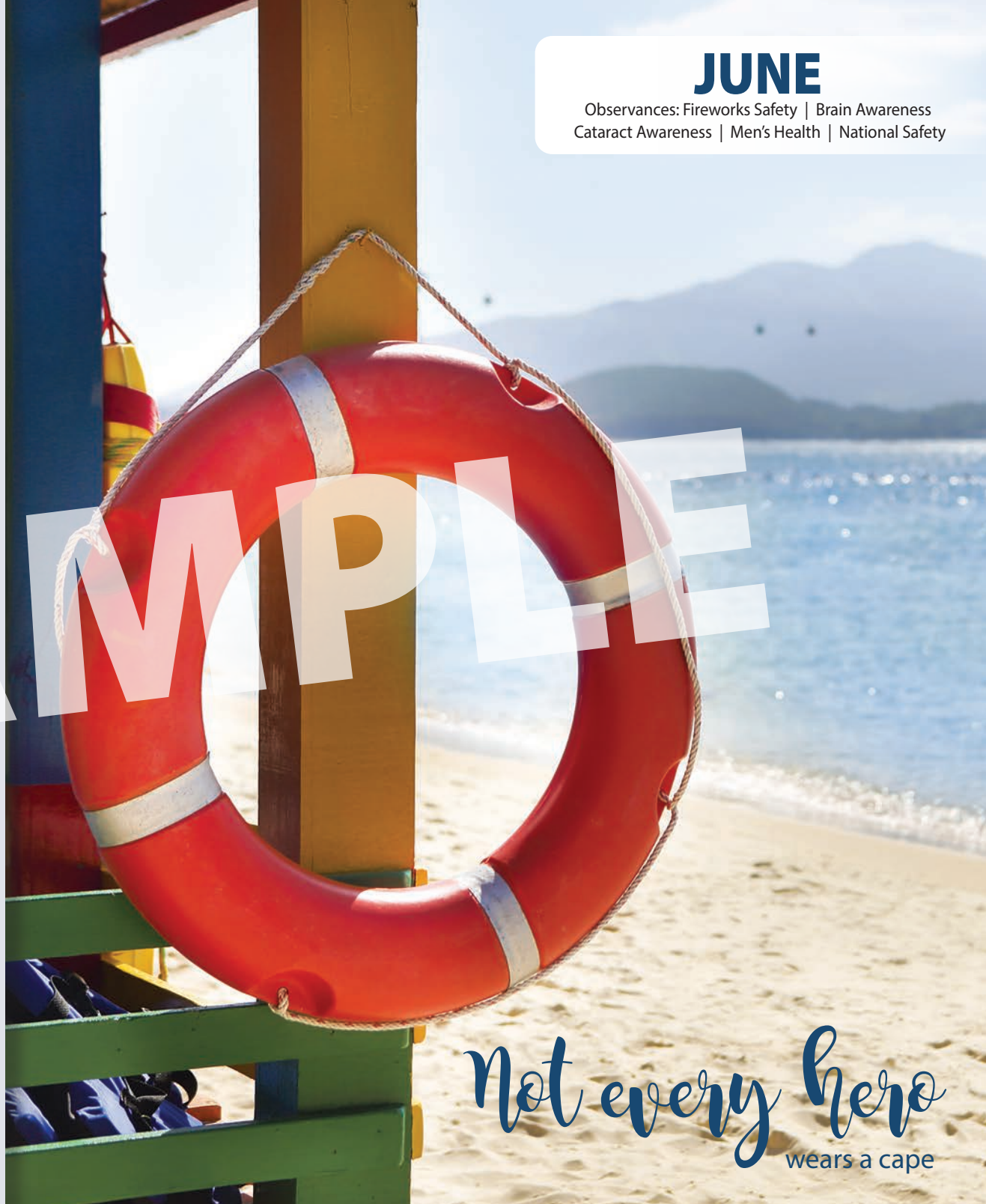
HEALTHY REMINDER:

Properly store your emergency supplies in a location you can get to them easily.

Write an "SM" in the date squares below for each day you stay safety minded. 

JUNE

Observances: Fireworks Safety | Brain Awareness
Cataract Awareness | Men's Health | National Safety



Not every hero wears a cape

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																	
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			Global Running Day	National Best Friends Day																																																			
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			World Blood Donor Day Flag Day																																																				
18	19	20	21	22	23	24																																																	
Father's Day	Juneteenth		First Day of Summer																																																				
25	26	27	28	29	30	<p>July 2023</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>TH</td><td>F</td><td>S</td></tr> <tr><td></td><td></td><td></td><td></td><td></td><td></td><td>1</td></tr> <tr><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td></tr> <tr><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td></tr> <tr><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td></tr> <tr><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td></tr> <tr><td>30</td><td>31</td><td></td><td></td><td></td><td></td><td></td></tr> </table>	S	M	T	W	TH	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					
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FOCUS ON THE EYES

A few summer tips to focus on protecting your vision, eyes and the sensitive tissue around them from the sun and its harmful UV radiation include:

Look cool. Wear sunglasses year-round to block UVA and UVB rays.

Fashion a hat. A wide-brimmed hat looks amazing at the beach and keeps the rays off your eyes.

Don't cloud over. Even if it's hazy, keep the eye protection on.

Trust Reflection. Take extra care near water, sand, and snow. 80% more of the sun's rays reflect off these surfaces.

Parks near me that I'd like to visit:

1. _____
2. _____
3. _____

Parks I'd like to travel to:

1. _____
2. _____
3. _____



HEALTHY REMINDER:

Stay sun safe by using sunscreen with an SPF of 30 or higher, covering up with loose fitting clothing, wearing a hat with a wide brim and seeking shade between 10 am – 4 pm when the UV rays are the strongest.

Write an "SS" in the date squares below for each day you stay sun safe.

Choose
to shine

JULY

Observances: UV Safety
National Park and Recreation Month

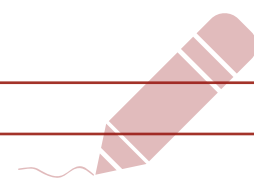


SAMPLE

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16	17	18	19	20	21	22	
23	24	25	26	27	28	29	
30	31	Independence Day					

SAMPLE

Plan Ahead Goals for July 2023:



AUGUST

Observances: Children's Eye & Safety
Immunization Awareness

SUMMER READING

Reading literally changes your mind by:

- **Reducing stress.** Enjoy a temporary escape through imagined experiences of the characters in a book.
- **Preparing for a good night's sleep.** Take a book to bed as part of a regular sleep routine to relax the mind.
- **Expanding empathy.** Reading fiction stories exploring the inner lives of characters may heighten the ability to understand feelings and beliefs of others.

My Summer Reading List:

Book 1: _____

Book 2: _____

Book 3: _____



HEALTHY REMINDER:

Allow yourself to take a pause from daily life and enjoy some quality alone time to calm your mind and renew your energy.

Write a "QT" in the date squares below for each day you spend at least 30 minutes alone doing something you enjoy. 

Enjoy the little things

SAMPLE



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July 2023 S M T W TH 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	September 2023 S M T W TH 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	1	2	3	4	5
6	7	8	9	10	11	12
National Friendship Day	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	Plan Ahead Goals for August 2023: _____ _____ _____ 

SAMPLE

MATURING WELL

September is Healthy Aging Month, designed to focus positive attention on the aspects of growing older. Healthy aging promotes taking personal responsibility for one's health whether it be physical, social, financial, or mental.

Physical. Set up and go to annual physicals and other health screenings. Have fun and stay active and make smart food choices.

My 2023 annual screening: _____

Social. Think positive in a realistic way and have patience with others, including yourself, and understand that everyone will not always act the way we expect them to.

A friend or family member I will reach out to this month: _____

Financial. Practice financial self-control to prevent irresponsible spending. Make saving for retirement, having an emergency fund, and making good financial choices part of your mindset.

My 2023 Emergency Savings Goal: _____

Mental. Bravely work through problems by logically seeking solutions. Hold yourself accountable when making mistakes and be eager to expand your knowledge and wisdom.

3 things I am grateful for this month:

1. _____
2. _____
3. _____



HEALTHY REMINDER:

Everything is connected. Small steps in a positive direction can add up to effective self-care habits that add life to your years.

Write a "PR" in the date squares below for days you take personal responsibility for your health. 

SEPTEMBER

Observances: Fruit & Veggie | Healthy Aging

SAMPLE

Ok Self, let's do this

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3	4 Labor Day	5	6	7	8	9
10 Grandparent's Day Suicide Prevention Day	11 Patriot Day	12	13	14	15 Rosh Hashanah	16
17	18	19	20	21	22	23 First Day of Fall
24 Yom Kippur	25	26	27	28	29	30 National Family Health and Fitness Day

CHEW ON THIS

Nutrition has an effect on your dental health, but your dental health also has an effect on your nutrition. Keep your teeth healthy so they can do their job of tearing, cutting, and grinding food in preparation for swallowing.

FOODS THAT PROMOTE HEALTHY TEETH AND GUMS INCLUDE:

Vitamins and minerals	Foods found in	Foods I will try
Calcium	Low-fat or fat-free milk, yogurt, fortified soy milk	
Phosphorus	Eggs, fish, lean meat, dairy, nuts, beans	
Vitamin C	Citrus fruits, tomatoes, peppers, broccoli, potatoes, spinach	



HEALTHY REMINDER:

Bacteria that produces acid and causes tooth decay also loves carbohydrates like candy, potato chips, crackers, bread, and pasta. Brush and floss your teeth daily.

Write a "BF" in the date squares below for each day you brush and floss to preserve your smile. 

OCTOBER

Observances: Breast Cancer Awareness
Eye Injury | Dental Health



Be kind
and smile often

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																			
1 World Vegetarian Day	2 Child Health Day	3	4	5	6	7																																																																																			
8	9 Columbus Day	10 World Mental Health Day	11	12	13	14																																																																																			
15 Global Handwashing Day	16	17	18	19	20	21																																																																																			
22	23	24	25	26	27	28																																																																																			
29 World Stroke Day	30	31 Halloween	<p>September 2023</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>TH</td><td>F</td><td>S</td></tr> <tr><td></td><td></td><td></td><td></td><td></td><td>1</td><td>2</td></tr> <tr><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td></tr> <tr><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td></tr> <tr><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td></tr> <tr><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td></tr> </table>	S	M	T	W	TH	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	<p>November 2023</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>TH</td><td>F</td><td>S</td></tr> <tr><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td></tr> <tr><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td></tr> <tr><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td></tr> <tr><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td></tr> <tr><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td></td><td></td></tr> </table>	S	M	T	W	TH	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			<p>Plan Ahead Goals for October 2023:</p> <hr/> <hr/> <hr/> <hr/> 
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LISTENING: BUILD A BRIDGE THROUGH COMMUNICATION

Active listening is a thoughtful way to improve personal relationships, further collaboration, and reduce misunderstandings and conflicts.

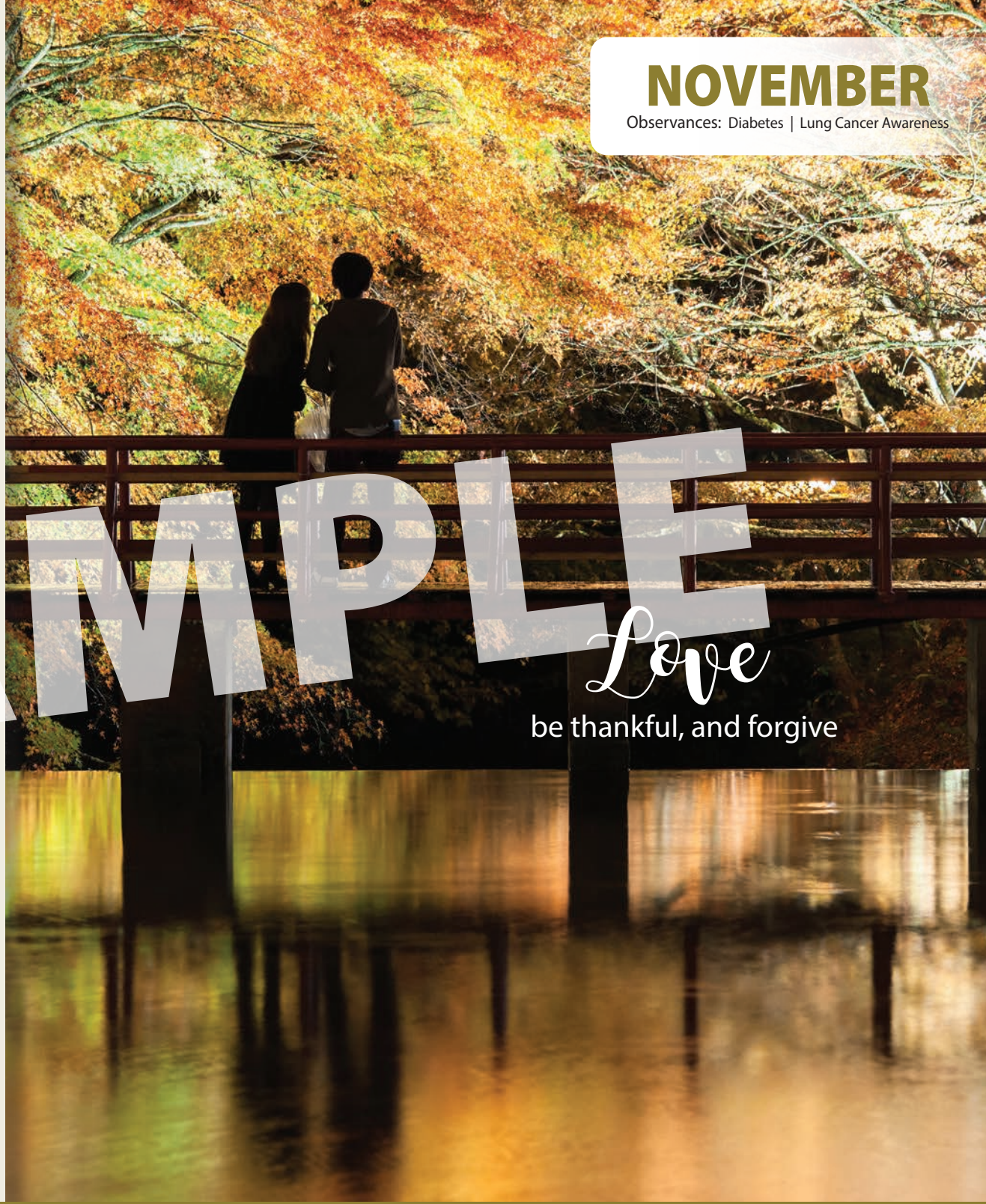
To listen actively:

Listen, don't compare. Comparing emotions or situations by saying things like, "yes, but..." while sharing a seemingly worse situation, can be interpreted as minimizing what the speaker is feeling.

Listen to understand rather than to respond. Resist interrupting or drifting into thought about what you will say next.

Look them in the eyes. Eye contact connects an individual to the person with whom they are talking.

Avoid making judgments or giving advice. People want to be heard, not fixed.



SAMPLE Love

be thankful, and forgive



HEALTHY REMINDER:

Trying to be helpful makes us feel good. Instead of giving advice, offer encouragement by reminding people of their strengths and resourcefulness.

Write an "AL" in the date squares below for each day you engage in a quality conversation with active listening. 

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Plan Ahead Goals for November 2023: _____ _____ _____ 			1	2	3	4
5	6	7	8	9	10	11
Daylight Savings Time Ends	12	13	14	15	16	17
	World Kindness Day	World Diabetes Day		Great American Smokeout	National Take A Hike Day	Veterans Day
19	20	21	22	23	24	25
				Thanksgiving	Black Friday	
26	27	28	29	30	October 2023 S M T W TH 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	
					December 2023 S M T W TH 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	

BEING GOOD TO YOURSELF

Eating whatever you want, buying anything that catches your eye, or avoiding any activity that isn't fun and exciting isn't being good to yourself. The trouble with these behaviors is that there are negative consequences that may be uncomfortable. Being good to yourself by eating a healthy diet, budgeting, and fitting in eight hours of sleep is more challenging, but the benefits are absolutely wonderful!

Viewed from this perspective:

Wholesome foods I will enjoy:

Ways I will add fun exercise:

How I will spend money more mindfully:



HEALTHY REMINDER:

It's okay to enjoy spontaneous moments by making choices that let you feel good about yourself and that create results rather than consequences.

Write a "G" in the date squares below for each day you are good to yourself. 

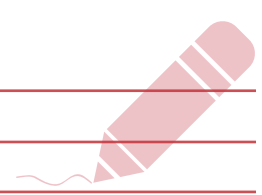
DECEMBER

Observance: Safe Toys and Gifts



You are stronger than you think

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
November 2023 S M T W TH 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	January 2024 S M T W TH 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				1	2
3	4	5	6	7	8	9
		International Volunteer Day		Chanukah		
10	11	12	13	14	15	16
17	18	19	20	21	22	23
				First Day of Winter		
24	25	26	27	28	29	30
Christmas Eve	Christmas	Kwanzaa				
31	Plan Ahead Goals for December 2023: <hr/> <hr/> <hr/>					
New Year's Eve						





 Wellness Coaches™

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