

September 2025

Well-Being Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Ask Yourself: ¹ What Habit Can I Nurture That Will Help Me Feel My Best?	Pick One Word ² To Be Your Compass For The Month.	Share Your ³ Favorite Book, Recipe, Or Podcast With Someone.	Do A 5-minute ⁴ Stretch Break Every Hour.	Change Your ⁵ Normal Routine Today And Notice How You Feel.	Try A New Form ⁶ Of Movement (Pilates, Tai Chi, Hula Hooping).
Write Down ⁷ Your Top 3 Priorities For The Week.	Cook (Or ⁸ Order) A New Healthy Recipe.	Trade ⁹ Soda/Coffee For A Soothing Herbal Tea.	Ask Yourself: ¹⁰ "What Habit Would Change My Life Most?"	Add Lemon, ¹¹ Cucumber, Or Mint To Your Water.	Write Down Your ¹² Wins For The Week (Even Small Ones).	Take 15 Minutes ¹³ To Do Something Nice For Yourself and Relax.
Do One Thing To ¹⁴ Feel More Organized This Week.	Try "Walking ¹⁵ Meditation" Focus On Steps & Breathing.	Try Coloring Or ¹⁶ Painting As Relaxation.	Try A ¹⁷ "No-Complaint Day."	While Seated, ¹⁸ Twist Gently Side To Side For A Spine Reset.	Gently Massage ¹⁹ Your Hands, Shoulders During Nap/Break Time.	Plan A Day To ²⁰ Unwind and Relax With Family Or Friends.
Lights Out 30 ²¹ Minutes Earlier Tonight.	Meal Prep ²² Something Your Future Self Will Thank You For.	Make Your Meal ²³ With At Least 3 Colors Of Fruits/Veggies.	Do A Crossword, ²⁴ Sudoku, Or Logic Puzzle For 10 Minutes.	Organize One ²⁵ Small Space (Sock Drawer, Desk Corner).	Do Something ²⁶ Small To Reward Yourself.	Open Your ²⁷ Windows/Doors For Fresh Air & Listen.
Look At Yourself ²⁸ In The Mirror And Say One Kind Affirmation.	Ask Yourself: ²⁹ "Which Of These New Habits Lifts Me The Most?"	Pick Your ³⁰ Favorite Habit From This Calendar, and Repeat! 				


Be Well. Care Well.


South Carolina Program For Infant/Toddler Care