

August 2026

Well-Being Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 Be Well. Care Well.  South Carolina Program For Infant/Toddler Care						1 Check In With Yourself. How Are You Feeling Today?
2 Take A Real Break. Do Something Just For You Today.	3 Say One Kind Thing To Yourself Before You Clock In.	4 Treat Yourself. Enjoy A Small Joy Today.	5 Give Yourself The Same Encouragement You'd Give A Child.	6 Take Five Slow Breaths Like You're Inflating A Balloon.	7 Who Made You Smile Today?	8 Say "No" To One Thing This Weekend.
9 What's One Thing You Can Do Today To Feel More Balanced This Week?	10  Pop Quiz What Do You Need? ☐ Rest ☐ Patience ☐ Joy ☐ Water	11 Progress Helps Restore Balance.	12 Pause Before Yes	13 Leave An Encouraging Note For A Coworker.	14 Finish This Sentence: "I Deserve A Gold Star Today Because..."	15 National Relaxation Day! Rest Without Feeling Guilty.
16 Choose One Word To Guide Your Week.	17 Before Children Arrive... Take Three Deep Breaths.	18 Color Or Doodle For Five Minutes.	19 Work Win: Celebrate Something That Went Well.	20 What's The Best Part Of Your Day So Far?	21 Write Down One Activity You'd Like To Try This Year.	22 Fill Your Cup First. Do One Thing That Gives You Energy.
23 Hold Onto One Positive Thought All Day.	24  Energy Meter  Full  Running Low  Empty	25 Choose Your Top Three Priorities Today.	26 What's Your Emotional Weather Today?	27 Notice One Joyful Moment Today.	28 Write Down One Worry You Don't Want To Carry Into Today.	29 Spend Ten Minutes Doing Something Fun.
30 Write A Note: What Do You Want To Remember From This Month?	31 This Month, I Learned...					