

September 2026

Well-Being Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 What Do You Want More Room For This Month?	2 Name 3 Things You'd Love To Do Before The End Of The Month.	3 Spend 15 Minutes Doing Something Just For You. ✨	4 Notice What Drains Your Energy And Make Space From It.	5 Start Your Saturday Doing Something You Enjoy.
6 What Would Make This Week Feel A Little Lighter?	7 Pay Attention To One Moment Today That Gives You A Boost.	8 Give Yourself A Little Extra Time Today. Take Your Time!	9 Give Yourself Permission To Change Your Mind About Something.	10 Name 3 Things You Want To Make More Time For.	11 Take A Moment To Notice Something That Went Well Today.	12 Spend A Few Minutes Somewhere That Helps You Feel Refreshed. ☀️
13 Choose One Thing You're Not Carrying Into The New Week.	14 Accept Help With One Thing Today.	15 Finish One Thing Before Moving To The Next.	16 Spend 5 Minutes Making A Space You Use Every Day Feel More Inviting.	17 Make One Small Decision You've Been Putting Off.	18 Give Yourself An Earlier Wind-Down Tonight. 🌙	19 Do Something Today At Your Own Pace.
20 Check In With Yourself: What Do You Need Today?	21 Think Of 3 Things You'd Love To Do More Often.	22 Make The New Season Feel Special Today. 🍁	23 Give Your Phone A Little Declutter: Delete One App You Never Use.	24 Do Something That Helps You Shift From Work To Personal Time.	25 Choose Your Top Three Priorities For Today.	26 Do Something Today Just Because It Makes You Smile.
27 Give Yourself A Slow Start Today.	28 Pause And Appreciate Something You Often Overlook.	29 Give Yourself Something You Usually Give To Others.	30 What Did You Make Space For This Month?			


Be Well. Care Well.


South Carolina Program For Infant/Toddler Care