


	AUTISM AWARENESS MONTH	STRESS AWARENESS MONTH	1	2	3 READ A BOOK	4
5 TRY TO EXERCISE DAILY	6	7 WORLD HEALTH DAY	8	9 TRY A NEW HOBBY	10	11 TAKE A DIFFERENT ROUTE TO SCHOOL OR WORK
12 	13 TALK TO SOMEONE NEW	14	15 WAKE UP 20 MINUTES EARLIER	16	17 LEARN A NEW WORD EVERY DAY	18
19 SET A TIME TO DISCONNECT FROM SOCIAL MEDIA	20	21 TRY A DIY PROJECT	22 EARTH DAY	23	24	25 ORDER SOMETHING DIFFERENT AT A CAFE OR BAR
26	27 FACE A SMALL FEAR	28	29 ASK A STRANGER FOR THE TIME	30		