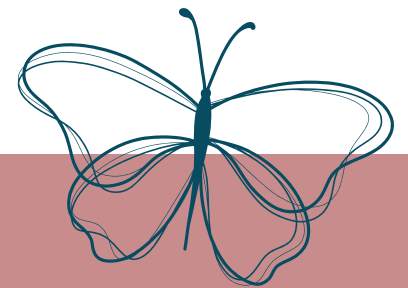


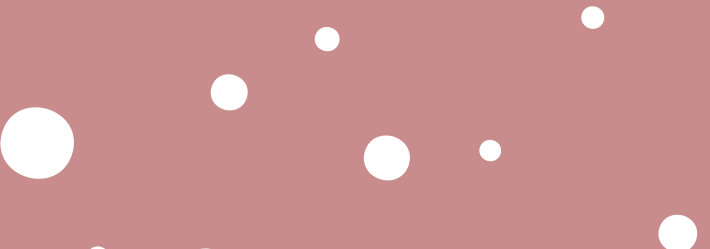


30 Plus Days...

Say Yes to You Calendar



By @RockyToroSpeaks





Week One

WEEK :

MON.	TUE.	WED.	THU.	FRI.	SAT.	SUN.
Start your morning with one sentence: “Today, my inner voice is guiding me to...” and follow it.	Go to bed 30 minutes earlier than usual.	Create a short-term goal and take the first step today.	Track your energy today to see when you feel most alive.	Accept a compliment today without deflecting or downplaying.	Forgive yourself for one past mistake. Write it down and release it.	Decide on one “non-negotiable” boundary for your week ahead.

What felt best this week?



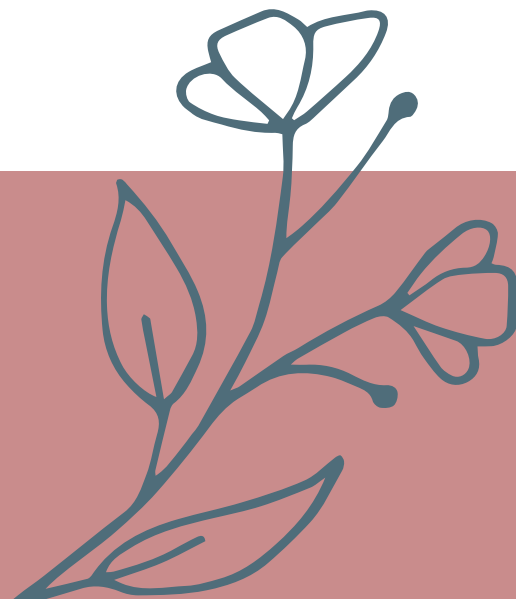


Week Two

WEEK :

MON.	TUE.	WED.	THU.	FRI.	SAT.	SUN.
Spend 15 minutes visualizing your ideal day and then make one small part happen.	Write down what your biggest setback taught you.	Choose one small positive habit and repeat it for 3 days in a row.	Say no to something you don't want to do, without over-explaining.	Spend 20 minutes outside soaking in fresh air and sunlight.	Cancel something that doesn't align with your current goals.	Notice when you feel most confident today and jot it down.

What will you do again?



Week Three

WEEK :

MON.	TUE.	WED.	THU.	FRI.	SAT.	SUN.
Remove one negative influence from your social media feed.	Replace one self-critical thought with a supportive one.	Set a time limit for responding to emails/texts today.	Do one thing today that brings you closer to your bigger vision.	Take one current frustration and brainstorm 3 ways to use it for growth.	Create a morning ritual you'll commit to for the next week.	Write down your top 3 dreams. No censoring, no "realistic" limits.

What are you leaving in the past?



Week Four

WEEK :

MON.	TUE.	WED.	THU.	FRI.	SAT.	SUN.
Treat yourself to a nourishing meal you make or order in.	Do something you've been putting off for over a week.	Reflect on a recent mistake and write the lesson learned.	Treat yourself to something you'd normally think is "too nice" for you.	Write yourself a short love note and read it aloud.	Tell someone what you need from them clearly and directly.	Replace one habit today with a choice that supports your vision.

What was your favorite treat?





Week Five

WEEK :

MON.	TUE.	WED.	THU.	FRI.	SAT.	SUN.
Share a story of how you overcame something difficult.	Celebrate each small win, even if it's tiny.	Record yourself talking about what you really want and then listen back.	Start a "promise tracker" and follow through on 1 action today.	Write down 10 reasons you're proud of yourself.	Schedule a 1-hour "nothing time" today. No phone, no work, just rest.	Allow yourself to cry, laugh, or feel... no matter what's "appropriate."

What are you bringing into your future?

