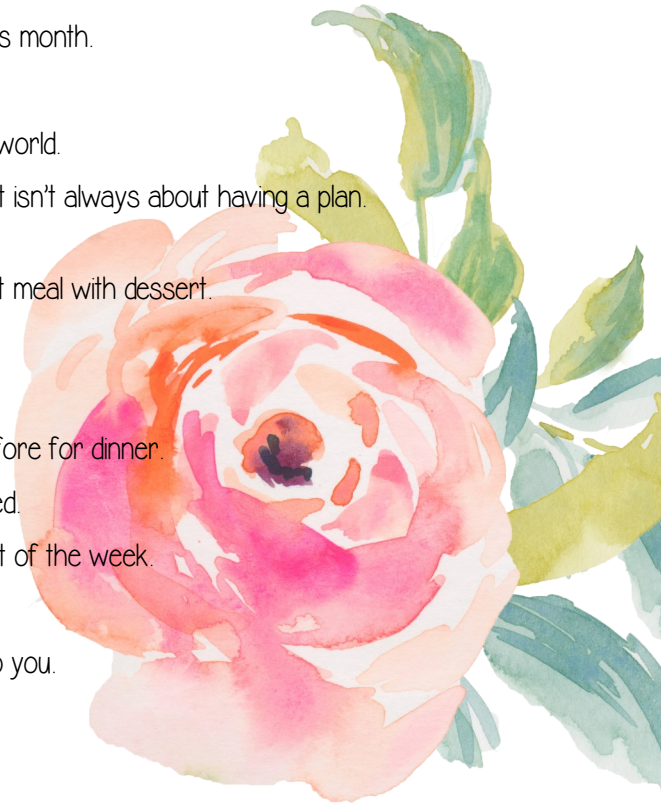


Embrace Your Life

💖 28 Ways to Embrace Your Life Every Month 💖

1. List three things you plan to accomplish before the month ends.
2. Be healthy! Create a meal plan, exercise plan, etc. to use for the rest of the month.
3. Just dance! Turn up your favorite song and have a dance party.
4. Catch up with a friend. Make a plan to hang out with your friends.
5. Start a project or finish one. Take an hour or two to create for pure enjoyment.
6. Take a drive with your family whether it's a day trip or exploring your city.
7. Reflect & Direct. Take a moment to reflect on the first seven days of this month.
8. Buy yourself one thing that you constantly put off until next time.
9. Unplug. Unplug from the digital world and connect with those in your real world.
10. Family Art! Grab some art supplies and get creative with your family. Art isn't always about having a plan. You can simply do it.
11. Take yourself on a date. Go to your favorite restaurant and enjoy a quiet meal with dessert.
12. Name your stress. Now, look for ways to remove it from your life.
13. Be courageous. Do one thing you've always wanted to do.
14. Use a new recipe. Make a side, dessert, or entrée you've never made before for dinner.
15. Look back at your goals list. Check off all the goals you have accomplished.
16. Make it a family movie date! Popcorn, movies, and treats are fun any night of the week.
17. Send a card or note via snail mail to one or two of your friends.
18. Say no so that you can say yes to the commitments that are important to you.
19. Read for enjoyment.
20. Pamper yourself. Do something that makes you feel nice.
21. Reflect & Direct. Take a moment to reflect on the first three weeks of this month. What can you do make the most out of the rest of the month?
22. Go to bed early.
23. Make a point to be intentional with your spouse. Plan a home date or go out, if you can.
24. Enjoy nature. Walk a trail and take in the scenery.
25. Get physical. Go for a run or chase your kids. Raise your heart rate in a good way.
26. Breathe. Give yourself time and space to simply breathe.
27. Let your children lead. Give your children the chance to make dinner, choose a game, or go somewhere fun today.
28. Journal your favorite events, moments, etc. for the month. Add photos if you have any of your favorite moments.



The most simple things can bring the most happiness.

-Izabella Scorupco