



The 7 Dimensions of Wellness **SAMPLE CALENDAR**

WELLNESS MONTH | AUGUST 2020



Newark Center for
Meditative Culture

SPIRITUAL	EMOTIONAL	VOCATIONAL	INTELLECTUAL	SOCIAL	PHYSICAL	ENVIRONMENTAL
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	31	Take a walk in a park. Pick up any trash noticed. 1
Visit gravesite of ancestor. 2	Watch favorite comedy film. 3	Listen to a Ted Talk about work-related skills and issues. 4	Play or learn to play a game of chess. 5	Call someone you haven't spoken to in ages. 6	Play favorite dance music and boogie. 7	Have a meal/snack under a tree. 8
Make a mental offering of gratitude to someone. 9	Revisit favorite photo memories. 10	Get creative and make a vision board of goals. 11	Do a brain-teaser or logic puzzle 12	Greet those you encounter positively. 13	Try a practice like walking meditation. 14	Take a few moments to watch the clouds. 15
Practice authenticity, being present and true to yourself. 16	Reinforce generosity and positive inclinations. 17	Write a list of all your skills and ones you'd like to learn. 18	Read a chapter of a book and take time to reflect on it. 19	Ask for help or suggestions rather than to assume. 20	Schedule a catnap of a specific length to recharge. 21	Conserve energy all day. Computers, TV, lights off. 22
Clear energy space of home with sage, incense, sound, etc. 23	Write a closure letter to make peace. Need not share it. 24	Eat lunch alone and find a space to reflect or meditate. 25	Inquire from a person you respect and learn from them. 26	Search for a chance to volunteer in the neighborhood. 27	Learn a body-scan relaxation meditation. 28	Volunteer with a local environmental group. 29
Visit a spiritual haven or sacred grounds. 30	Practice pausing mindfully before reacting. 31	1	2	3	4	5

THINK AND DO FOR: BODY • MIND • SPIRIT