



MARCH / 2023

THRIVE CALENDAR



INDIVIDUAL DEVELOPMENT

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

WEEK 1

AWE & TRANSCENDENCE

1
CLOSELY OBSERVE
THE NATURAL
WORLD. PAY
ATTENTION
TO BIRDSONG,
FLOWERS, TREES,
NIGHT SKY

2
WATCH
VIDEO ON [AWE](#)
FROM THE JOHN
TEMPLETON
FOUNDATION

3
LISTEN
TO DACHER
KELTNER'S
CONVERSATION
WITH
KRISTA TIPPETT
ON THE SCIENCE
OF AWE.

4
PLAY
GO FOR A HIKE
WITH FRIENDS

WEEK 2

MINDFULNESS & REGULATION

5
REST

6
FIND MORE
[AWE](#)
THROUGH
PRACTICE

7
BOOST
POSITIVE
[EMOTIONS](#)

8
PRACTICE THE
5 A'S

9
DO A
[LOVING
KINDNESS](#)
MEDITATION

10
DOWNLOAD THE
[HEALTHY MINDS](#)
APP

11
PLAY
TAKE A YOGA
CLASS OR LISTEN
TO MUSIC

WEEK 3

EMPATHY & COMPASSION

12
REST

13
SEND A CARD
TO SOMEONE
WHO
MIGHT NEED
SUPPORT

14
INVITE
A FRIEND TO
COFFEE
AND REALLY [LISTEN](#)
THEN REFLECT
BACK THEIR WORDS

15
BUY SOMETHING
TO EAT
FOR A HOMELESS
PERSON

16
PRACTICE
A
COMPASSION
MEDITATION

17
EXPLORE
THE
DIFFERENCE
BETWEEN
EMPATHY AND
COMPASSION

18
PLAY
SING, DANCE, OR
SEE A PLAY

WEEK 4

MEANING MAKING & MATTERING

19
REST

20
[OFFER HELP](#)
TO SOMEONE
THAT MATTERS
TO YOU.

21
DOES FINDING
MEANING LEAD
TO
HAPPINESS?
EXPLORE [HERE](#)

22
EXPLORE WAYS
TO FIND
[MEANING](#)
IN YOUR LIFE.

23
DO THE THRIVE
[MEANING
MAKING](#)
EXERCISE

24
ASK YOURSELF
WHAT REALLY
[MATTERS](#)
TO YOU TODAY.
THEN PURSUE
IT.

25
PLAY
TAKE A POTTERY
CLASS OR LEARN
TO PAINT OR
DRAW

WEEK 5

CELEBRATING THE WOMEN IN
YOUR LIFE

26
REST

27
CALL YOU MOM,
OR AUNT, OR A
WOMAN
WHO HAS MADE
A DIFFERENCE IN
YOUR LIFE.

28
WRITE A [LETTER
OF GRATITUDE](#)
TO WOMAN
WHO INFLUENCED
YOU.

29
LISTEN TO A
PODCAST
BY BRENE BROWN
ANOTHER WOMAN
YOU ADMIRE

30
VISIT A LOCAL
MUSEUM
LIKE THE [NORTON
SIMON](#) AND LEARN
MORE ABOUT THE
CONTRIBUTIONS
OF FEMALE
ARTISTS.

31
READ
[JANE GOODALL](#)
OR OTHER FEMALE
VISIONARIES
FOR INSPIRATION.

1
PLAY
COOK WITH YOUR
GRANDMA OR
CHILDREN.

CLICK THE LINK FOR A DEEPER DIVE INTO INDIVIDUAL DEVELOPMENT.