



# 2020

WELLNESS CALENDAR



wellbe &co



S	M	T	W	TH	F	S
			1 New Year's Day	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Whatever you do, or dream you can, begin it. Boldness has genius and power and magic in it.

MONTHLY GOAL: NEW BEGINNINGS





# FEB

Love yourself first and everything else falls into line. You really have to love yourself to get anything done in this world.

MONTHLY GOAL: SELF LOVE

S	M	T	W	TH	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29





S	M	T	W	TH	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21 Human Rights Day
22	23	24	25	26	27	28
29	30	31				

Save money and it will save you.

MONTHLY GOAL: FINANCIAL HEALTH





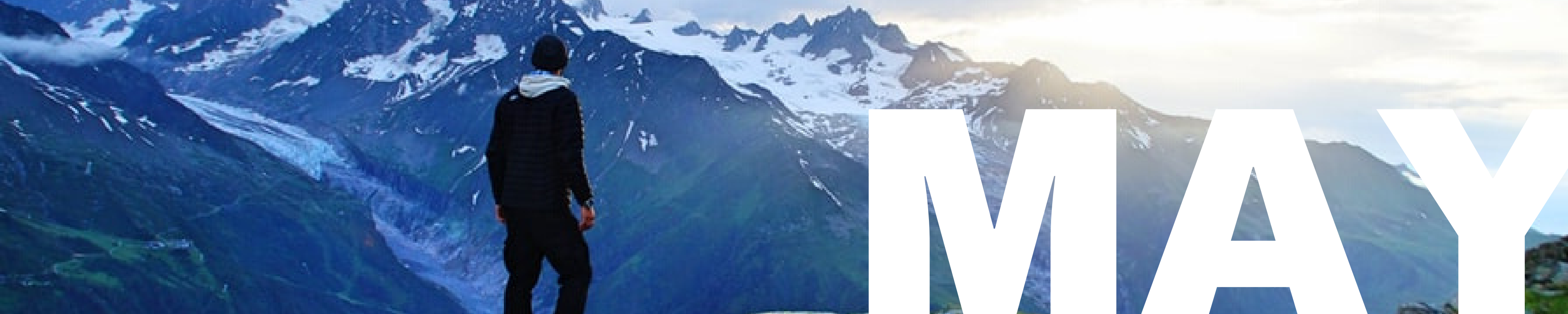

# APR

Never get so busy making a living that you forget to make a life.

MONTHLY GOAL: BALANCE

S	M	T	W	TH	F	S
			1	2	3	4
5	6	7	8	9	10 Good Friday	11
12	13 Family Day	14	15	16	17	18
19	20	21	22	23	24	25
26	27 Freedom Day	28	29	30		





# MAY

S	M	T	W	TH	F	S
					1 Workers' Day	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Be happy in the moment, that's enough. Each moment is all we need, not more.

## MONTHLY GOAL: MINDFULNESS

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# JUN

Self-care in winter is the sunshine to cold days

MONTHLY GOAL: SELF-CARE

S	M	T	W	TH	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16 Youth Day	17	18	19	20
21	22	23	24	25	26	27
28	29	30				





S	M	T	W	TH	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Risk something or forever sit with your dreams

MONTHLY GOAL: PROFESSIONAL SUCCESS





# AUG

The world needs strong women. Women who will lift and build others, who will love and be loved. Women who live bravely, both tender and fierce. Women of indomitable will.

**MONTHLY GOAL: EMPOWERING STRONG WOMEN**

S	M	T	W	TH	F	S
						1
2	3	4	5	6	7	8
9	10 National Women's Day	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					



# STEP

S	M	T	W	TH	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24 Heritage Day	25	26
27	28	29	30			

Summer is a state of mind.

**MONTHLY GOAL: WELCOMING THE  
SUNSHINE INTO YOUR LIFE**






You never know how strong you are until being strong is the only choice you have.

BREAST CANCER AWARENESS MONTH



S	M	T	W	TH	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31



# Now

S	M	T	W	TH	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Focus on the outcome. Not the obstacle.

## MONTHLY GOAL: FOCUS

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We make a living by what we get. We make a life by what we give.

MONTHLY GOAL: HAPPY HOLIDAYS



S	M	T	W	TH	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16 Day of Reconciliation	17	18	19
20	21	22	23	24	25 Christmas Day	26 Boxing Day
27	28	29	30	31		