

AUGUST 2022

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Set up a Family
Photo Session

Take a Solo
Trip

Declutter Old
Electronic
Cords and
Accessories

Plan out Your
Month

Make Your
Favorite Food
for Dinner

Schedule
Nothing

Make a List of
What Matters
Most

Take a Slow
Drive

Plan an
Afternoon
Date with
Your Child

Declutter
Socks and
Under
Garments

Plan a No
Spend Week

Try out a
Relaxing
Facial Mask

Take an
Evening Stroll

Take a Nap

Automate Bill
Payments

Be Positive

Declutter
Purses
Handbags
and
Backpacks

Plan a Bulk
Cooking Day

Be Creative

Meet a Friend
for Breakfast

Celebrate
Someone

Set up a
Landing
Space

Tidy as You Go

Declutter Old
Receipts and
Coupons

Plan goals

Wake up Early
and Enjoy the
Quiet

Acknowledge
What You've
Already Got

Delegate What You
Can

Sign Up For
Amazon Prime

Frame Your
Child's Artwork

Write down
Your Favorite
Memory from
August