

# SEPTEMBER 2022

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Automate  
Your Savings

Watch the  
Sunset

Take a Bath

Have a Social  
Media Free  
Day

Go See a  
Movie

Try out a New  
Restaurant

Declutter  
Shopping  
Bags

Pick out Your  
Clothes for  
the Week

Swap out  
Plastic Food  
Storage for  
Eco-friendly  
Options

Clear Out  
Your Email  
Inbox

Make Your  
Lunches for  
the Week

Keep  
Reusable  
Bags in Your  
Car

Turn up the  
Music and  
Have a Dance  
Party

Declutter the  
Filing Cabinet

Write down  
Three Ways  
You Will Live  
Your Priorities  
this Week

Deep  
Condition  
Your Hair

Listen to an  
Audiobook

Do Yoga or  
Stretch  
Throughout  
the Day

Make Dinner  
in the  
Crockpot

Indulge in Some  
Fine Dark  
Chocolate

Declutter  
Belts and  
Scarves

Evaluate Debt  
Payoff Plans

Go Skating

Organize the  
Fridge

Meditate on a  
Bible Verse

Open Doors  
and Windows

Find a New  
Hiking Trail

Declutter  
Extra Throws  
and Blankets

Plan out Your  
Goals for Next  
Month

Write down  
Your Favorite  
Event from  
the Month