



EMPOWER
yourself

2023



"Do things
at your
own pace.
Life's
not
a race."



Co-funded by
the European Union

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1

Have a rest

2

Plan the New Year

3

Try some old passion of yours

4

Start reading a book

5

Go out, meet some new people

6

Try new exercise / sport

7

Get back to someone you haven't met in a while

8

Go to a new restaurant

9

Change something in your room/home

10

Do some yoga

11

Give up one of your bad habits

12

Relax in the park

13

Find some party to go to

14

Write down 3 or more things you like about yourself

15

Travel to a new place

16

Prepare a present for someone

17

Try some winter sport (skiing, ice skating)

18

Be kind to everyone today

19

Go to the cinema /theatre

20

Go to a concert

21

Spend time with your family

22

Meditate

23

Try a new route to the university / work and back

24

Look through the window, and draw what you liked

25

Try to cook a new meal

26

Think about 5 things you feel grateful for

27

Make a new soup

28

Cook a meal for your friend and surprise him/her

29

Do some Zumba!

30

Treat yourself in some way you want to

31

Spend the evening alone and think about your life

1

2

3

4

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JANUARY / 2023



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

29

30

31

1

Go for a walk

2

Read one chapter from a book

3

Hang out with friends

4

Do some yoga

5

Write an essay about politics

6

Sing a song (like karaoke)

7

Dance zumba (2-3 dances)

8

Write a letter to a friend

9

Do one math exercise

10

Make a family evening

11

Speak in another language for 30 minutes

12

Visit a museum

13

Try to learn to play an instrument

14

Watch a romantic movie

15

Make a gift to someone close to you

16

Do stretching in the morning

17

Dress up (wear something different than usually)

18

Make a healthy meal

19

Go swimming (in a pool)

20

Go shopping

21

Buy a plant and take care of it

22

Write all bad stuff on a paper and burn it or on a plate and crash it

23

Do a workout

24

Take a cold shower

25

Change or do your hair style

26

Go on a show or opera

27

Don't smoke and drink alcohol for whole day

28

Cook for you neighbors

1

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4

.02

FEBRUARY / 2023

NOTES





SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

26

27

28

1

2

3

4

Set a new goal

Meditate

Go for a walk

Have a deep chat

5

Read a book

6

Make a surprise for your partner /closest friend

7

Be alone

8

Do something good to your parents

9

Go for dinner with your siblings/ closest friend

10

Go for a run

11

Relax doing whatever you like the most

12

Wake up early to see the sunrise

13

Discover something new

14

Go out with your friends

15

Take time for yourself (think about yourself)

16

Cook some typical dishes that you learned during the project

17

Do some yoga to stretch your body

18

Take time to write about your thoughts

19

Do something that you always wanted to do

20

Go try new foods, something you've never tried

21

Go swimming

22

Do something good for a person you don't know

23

Watch your favorite movie

24

Clean your apartment

25

Refurnish your room

26

Read some articles about what's happening in the world

27

Call your parents and relatives

28

Go on a trip to explore nature

29

Go to the gym

30

Eat something unhealthy

31

Check if you accomplished your goal and sum up the month

1

.03

MARCH / 2023

NOTES







SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26 Go hiking with your family	27 Try vegan diet	28 Eat 5 pieces of fruit	29 Start your day with yoga	30 Read some articles about healthy life	31 No social media today	1 Do 20 squats
2 Go hiking with your family	3 Try vegan diet	4 Eat 5 pieces of fruit	5 Start your day with yoga	6 Read some articles about healthy life	7 No social media today	8 Drink 2 L of water
9 Eat vegetables and fruits in a smoothie drink	10 Eat 2 pieces of fish	11 Try a new sport	12 Do a morning jogging	13 Sleep 8 hours	14 Plant a tree	15 Listen a podcast about eco-friendly ideas
16 Learn something about healthy lifestyle	17 Play tennis with your friends	18 Don't drink alcohol	19 Don't go to sleep late	20 Do 10.000 steps minimum	21 Don't smoke	22 Don't check your phone before going to sleep
23 Start your day by doing stretching	24 Walk with your pet or just walk alone	25 Be nice with your friends and family	26 Do DIY project	27 Swim in a river	28 Have a rest	29 Read a newspaper
30 Watch 1 National Geographic documentary	1	2	3	4	5	6

.04

APRIL / 2023

NOTES



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

30

1

Read a book

2

Do some yoga

3

Have a walk

4

Make a fruit salad

5

Drink 2.5 L of water

6

Meditate

7

Dance

8

Ride a bike

9

Listen to music

10

One day of fasting

11

Spend time with an animal

12

Eat vegetables

13

Eat vegan food

14

Travel somewhere

15

Take a cold and hot shower

16

Go for a run

17

Don't eat food with Sugar

18

Day for a massage

19

Take the stairs

20

Wake up early

21

Don't use mobile phone for a day

22

Learn something new

23

Take the sun

24

Go to the Gym

25

Do a bath exercise

26

Skin care time

27

Do something to socialize

28

Watch a movie

29

Go out into nature

30

Prepare your homemade food

31

Try something new

1

2

3

.05

MAY / 2023

NOTES





SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	31	1 Eat something healthy	2 Eat vegetables	3 Go for a walk
4 Drink water	5 Improve your mental health	6 Read a journal	7 Enjoy nature	8 Sleep 8 hours	9 Socialize	10 Say no to something
11 Have a self-care day	12 Expand your palate (try new food)	13 Try international food	14 Meet with someone new	15 Try a new exercise for yourself	16 Eat healthy snacks	17 Go vegan for 1 day
18 Go to the cinema	19 Change your habits	20 Don't smoke	21 Reduce your screen time	22 Go to the gym	23 Recycle	24 Don't drink alcohol
25 Learn something new	26 Adopt a kitten	27 Shop from a small business	28 Learn a new phrase in a different language	29 Meditate	30 Do some yoga	1

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JUNE / 2023

NOTES



Notes section with five horizontal lines for writing.

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

25

26

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29

30

1

Take a 15 min walk

2

Make a healthy picnic

3

Drink at least 4 glasses of water

4

Go hiking

5

Prepare a healthy green smoothie

6

Start journaling

7

Take a 30 min walk

8

Prepare a healthy pink smoothie

9

Host a dance party

10

Organize a water sport party for your friends

11

Plant a garden

12

Try a new vegetable or fruit

13

Collect some flowers make art with it

14

Go to the forest and observe nature

15

Drink at least 1,5l of water

16

Do some yoga

17

Make fruit ice cream

18

Prepare healthy meal for your family

19

One day without phone

20

Deep clean your house

21

Try new sport

22

Start reading a new book

23

Do a workout at home

24

Sign up for a race

25

Volunteer in an organization

26

Sign up for meditation classes

27

Practice snorkeling or surfing

28

Take walk on the beach

29

Throw away old stuff you don't use

30

Bake something for your neighbor

31

Watch a healthy documentary

1

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JULY / 2023

NOTES





SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

30

31

1

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3

4

5

Picnic

Learn a new dance w/ someone

Do 3 yoga poses

Try something new

Go to the beach

6

7

8

9

10

11

12

Make a cold soup

Go for a walk in nature with friends

Eat 2 fruits

Read at least 20 pages of a book

Look at the nutritional labels on the food you eat

Ask 3 people "How do you feel?"

Disconnect from social media

13

14

15

16

17

18

19

Write how you felt this week

Bonus day: eat and drink whatever you want

Try new healthy recipe

Take 10 minutes for yourself

Shut down your phone for at least 5 hours

Do some stretching exercises when you wake up

Do something out of your comfort zone

20

21

22

23

24

25

26

Make your favorite dessert

Go for a walk in nature with friends

Send a message to someone you haven't seen in a while

Do something to help someone in need

Walk at least 2 km

Cook something for your family or friends

Meditate for 10 minutes

27

28

29

30

31

1

2

Go to the SPA

Go for a walk in nature with your family

Make a fruit salad w/ ice cream

Watch a sunset on the beach

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AUGUST / 2023

NOTES



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

27

28

29

30

31

1

Go on the treadmill

2

Practice yoga asanas

3

Fast in the morning

4

Play volleyball

5

Practice breathing

6

Bake a healthy dessert

7

Drink water

8

Avoid alcohol

9

Less salt in foods

10

Eat smaller portions of food

11

Work out

12

Say thank you

13

Stretching in the morning

14

Ride a bike

15

Go for a run

16

Be peaceful

17

Find time to talk with family

18

Be kind with your family

19

Spend time alone

20

Meditate before sleep

21

Buy eco-friendly products

22

Read nutritional labels

23

Read a book

24

Learn something new

25

Tidy up your room

26

Walk for 40 minutes

27

Go to the swimming pool

28

Take a bath

29

Don't overuse the phone

30

Trying to be more active during the day

.09

SEPTEMBER / 2023

NOTES





SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

1 Give to strangers happy quotes	2 5 min meditation	3 3km walk	4 Make a smoothie	5 Read an article about effective sleep	6 Call a childhood friend	7 Write a weekly recap
8 3km run	9 10 min meditation	10 Visit an animal shelter	11 Watch an documentary about psychology	12 Try a new sport	13 Learn something about nutrition	14 Write a weekly recap
15 Make new type of salad	16 Cycle 20km	17 Try foreign food	18 Watch a TEDx video	19 10 min meditation	20 Recycle old clothes	21 Write a weekly recap
22 Buy a room plant	23 15 min meditation	24 10 gratitude sentences	25 Go to the gym	26 Make a fruit salad for your family	27 Do some yoga	28 Write a weekly recap
29 Have an hour walk with dog	30 Reflect on your month by reading your weekly recaps	31 Go party	1	2	3	4

.10

OCTOBER / 2023

NOTES



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

29

30

31

1

Drink water in the morning

2

Do jogging

3

Eat a salad today

4

Do meditation

5

Run 1 km

6

Do zumba 15 min

7

Write positive affirmations

8

Take a hot shower

9

Go to the SPA

10

Do personal care like going to the hairdresser

11

Try something new

12

Spend your time with family

13

Clean up your room/house

14

Make a cup of green tea for yourself

15

Go to karaoke

16

Share your problems with your friends

17

Say something nice to somebody

18

Go for a walk in nature

19

Eat vegetables and fruits

20

Make a fruit salad for yourself

21

Go somewhere new

22

Do yoga 15 min

23

Try to say "no" whatever you don't want

24

Do something fun today

25

Dress beautiful thing for yourself

26

Make a good meal for your family

27

Plant something like flower on your balcony

28

Try to knit something

29

Drink something in front of the fireplace

30

Don't forget to smile

1

2

11

NOVEMBER / 2023

NOTES





SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

26

27

28

29

30

1

Drink 2l of water

2

Plank 2x15min

3

Ask yourself - how are you?

4

Take a hot bath with oils

5

Do nothing

6

Try a new recipe

7

Don't use your phone

8

Send 3 gratitude messages

9

Make a winter tea

10

Make a snowman

11

Write 3 things you love about yourself

12

Hug somebody

13

Play snowball

14

Try skiing

15

Drink hot water instead of coffee

16

Get up 30min earlier

17

Hug yourself

18

Make gingerbread cookies

19

Enjoy your time at home

20

Send a postcard to someone

21

Stay in your pajamas

22

Read 1 chapter

23

Share this calendar with a friend

24

Check your health (plan to visit a doctor)

25

Check ingredients of the things you buy

26

Smile x15

27

Write an inspiring quote

28

Have a walk

29

Tell a joke to somebody

30

Thank yourself for this last year

31

Plan goals for the next year

1

2

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4

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6

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DECEMBER / 2023

NOTES



