

# FINDING HAPPILY CALENDAR: FOCUS MARCH 2020

## SUNDAY

**1** Set an intention to focus your attention on love

**8** Spend the day leisurely reading something you enjoy

**15** Don't make plans today just do something creative

**22** Spend some time writing in your journal

**29** Hold hands with a loved one

## MONDAY

**2** Stay positive for one whole day without complaining

**9** Make a wish when you see the Full Moon Tonight

**16** Forgive yourself of any mistakes or wrong doings

**23** Wear your favorite color to work today

**30** Laugh until you cry

## TUESDAY

**3** Wear something red to exude love & confidence.

**10** Try a new scent or a new shampoo and see if anyone notices

**17** Love yourself a little more than you did yesterday

**24** Hug An Old Friend

**31** Talk to someone you don't know

## WEDNESDAY

**4** Make a list of your positive attributes

**11** Say something kind to someone you're attracted to.

**18** Be grateful for this day, this day is your life

**25** Practice feeling beautiful from within

## THURSDAY

**5** Do a random act of kindness for someone you don't know

**12** Be fully present and mindful of everything you do today

**19** Make a to-do-list for your goals

**26** Take a new route home from work today.

## FRIDAY

**6** Set an intention to focus your attention on love

**13** Pick some fresh flowers up after work

**20** Write down your daily intentions

**27** Go to a happy hour after work

## SATURDAY

**7** Spend the entire day doing something fun

**14** Meditate in front of a window and let the sun shine on your face.

**21** Take an extra long shower

**28** Light some scented candles after you clean the house

OUR CALENDARS ARE FILLED WITH THINGS YOU CAN DO TO BRING ABOUT MORE LOVE, JOY AND HAPPINESS INTO YOUR LIFE