

LIVE WELL. LEAD WELL.

31 WAYS TO LIVE WELL IN 2022

PRACTICE BEING INTENTIONAL ~ SELF CARE MATTERS

Below are 31 simple ways to Live Well as we head into 2022. Make self care a priority for you and your Pack. Try to accomplish as many of these as possible to recharge and keep self care as a priority. Remember YOU MATTER. Check the boxes on this calendar to ensure that you are a priority. No prescribed order other than Day 1.

DAY 1 ☐

Plan to Succeed

Decide to spend 5 to 10 minutes a day on yourself over the next 30 days. [Schedule the time](#) in your calendar and honour it.

DAY 7 ☐

Tell Your Story

We have all experienced meaningful moments in our lives that have transformed us. Reflect on your story.

DAY 12 ☐

Plan an Adventure

Plan a day that is out of the ordinary. Something shiny to look forward to. It could be a day in the mountains or an activity you keep meaning to try.

DAY 16 ☐

Get Active

Start where you are most comfortable. Run. Walk. Stretch. Get your body in motion for at least 30 minutes today.

DAY 21 ☐

Listen to a Podcast

Pop on some headphones and listen to a favourite podcast. Or browse your chosen platform for a new one.

DAY 27 ☐

Pick up a Picture Book

Picture books can be a great way to start a hard conversation. One of our favourite books is *The Rabbit Listened* by Cori Doerrfeld.

DAY 2 ☐

Think Back. Look Ahead.

Reflect on and list 3 positive changes you've made since the start of the pandemic. What have you noticed?



DAY 17 ☐

Practice Forgiveness

Let go of what's happened in the past and make a choice about how to respond to yourself or others in a kind and sensitive way.

DAY 22 ☐

Live with Humanity

You never know what someone else is going through. Smile at strangers as you walk passed them today.

DAY 28 ☐

Connect with your Pack

Pick up your phone, send a Zoom invite, find a way to connect with your people.

DAY 3 ☐

Get Active Outside

Bundle up! Grab your hat and mitts and get the blood flowing. Go tobogganing or ice skating.

DAY 8 ☐

Support Local Athletes

Grab a buddy and head out to watch a local sporting event.

DAY 13 ☐

Gift of Grief

Grief looks different for everyone. Take a moment to really see how your people are doing. Take the time to listen.

DAY 18 ☐

Be Positive

Write down three positive words affirming who you are. For instance: I am generous, brave and have a great sense of humor.

DAY 23 ☐

Support Local

Consider supporting your favorite, local business. They deserve your support and need it now more than ever!

DAY 29 ☐

Pay It Forward

Perform small acts of kindness. Smile at a stranger, share something you love with a friend, make someone's day.

DAY 4 ☐

Practice Saying No

Know your limits and set healthy boundaries for yourself. Practice saying no, or, at least, not now.

DAY 9 ☐

Amplify a Non-profit

Share a post, forward a newsletter or tell a friend about a local non-profit you love.

DAY 14 ☐

Creativity Rules

Tap into your creativity today by pulling out your camera, doodling, making a picture collage, etc.

DAY 19 ☐

Cheer Someone On

Everyone needs to hear something they are doing well! Take a moment to send a message to someone you think might need to hear it.

DAY 24 ☐

Send a Thank You Note

Draft a note and send it to someone special. Describe why you are grateful for them, and what makes them special.



DAY 5 ☐

Celebrating Success

Reflect on something you are proud of. Name it! Today is the day to celebrate your achievements. Enjoy a favourite treat or beverage.

DAY 10 ☐

Get More Sleep

Sleep helps your mind and body rest. Try and get to bed at 9:00pm tonight, or don't set an alarm for the weekend.

DAY 15 ☐

Gratitude Day

List at least 8 things that you are grateful for today. Count your gratuitudes big or small.

DAY 20 ☐

Movie Time

Put on your favourite movie and enjoy it with popcorn and your favourite candy.

DAY 25 ☐

Lead From Where You Are

We are all leaders. When you create a picture in your mind of a leader, what qualities are important to you? What ways are you living into these values?

DAY 30 ☐

Be a Heart Warrior

Book an appointment to give blood in February. We invite you to join the Wolfe Pack Warriors team at Canadian Blood Services.

DAY 6 ☐

Pause the Chatter

Spend the day away from social media. Focus on yourself and make connections with those around you.

DAY 11 ☐

Commit to your Passion

Do something you love today. Maybe online Yoga? A walk? Pick something that brings you joy.



DAY 26 ☐

Show Compassion

When someone pays you a compliment, accept it with grace. Send an email, make a phone call to compliment a friend/colleague/family member.

DAY 31 ☐

Self Reflection

Now that you've completed this calendar, reflect on the take-aways. What are you proud of?