

# 31 Days of Get Into Action August

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Start August/Sept <a href="http://spectrumeducation.com">spectrumeducation.com</a>	<b>1</b> <b>Make a decision that you are going to take ACTION this month!</b>	<b>2</b> <b>Check-in with someone who might be lonely or anxious</b>	<b>3</b> <b>Tidy your desktop &amp; close all open tabs</b> <b>Banishing Decision Fatigue Webinar</b> <b>Teachers Matter BookClub</b>	<b>4</b> <b>Let go of things you can't control</b> 	<b>5</b> <b>Fresh Fruit Friday</b> -add an extra piece of fruit into your lunch 	<b>6</b> <b>Clean out your wardrobe and gift clothes to charity</b>
<b>7</b> <b>Make a budget and stick to it this week (and next!)</b> 	<b>8</b> <b>Participate in some exercise - even if it is just a little</b>	<b>9</b>  <b>Laugh-a lot today. Find the funny in every situation</b>	<b>10</b> <b>Take 5-20 minutes to breathe deeply and calmly</b> <b>Teachers Matter BookClub</b>	<b>11</b> <b>Buy an ice cream and savour the experience of eating it</b> 	<b>12</b> <b>Fresh Fruit Friday</b> -add an extra piece of fruit into your lunch 	<b>13</b>  <b>Share a meal with people you love</b>
<b>14</b> <b>Clean out your fridge and organise the pantry</b>	<b>15</b>  <b>Have a friendly chat with someone you don't know well</b>	<b>16</b> <b>Drive to and from work in silence and enjoy being you</b>	<b>17</b> <b>Ask for help on a tricky task</b> <b>Teachers Matter BookClub</b>	<b>18</b> <b>Smile at everyone you meet today</b> 	<b>19</b> <b>Fresh Fruit Friday</b> -add an extra piece of fruit into your lunch 	<b>20</b> <b>Create a bedtime routine with no tech</b>
<b>21</b> <b>Schedule nothing today</b>	<b>22</b> <b>Choose and say an affirmation to create a great week</b>	<b>23</b>  <b>Watch a documentary</b>	<b>24</b> <b>Reflect on your day - what went well?</b> <b>Study Smart Webinar Healthy Mind</b> <b>Teachers Matter BookClub</b>	<b>25</b>  <b>Listen more than you speak</b>	<b>26</b> <b>Fresh Fruit Friday</b> -add an extra piece of fruit into your lunch 	<b>27</b> <b>Take a cold shower to help boost your immune system</b>
<b>28</b>  <b>Treat yourself to something just for you</b>	<b>29</b> <b>Pay it forward - anonymously pay for a strangers coffee</b> 	<b>30</b> <b>Masterclass with Getchen Wegner</b> <b>Look for the good in everyone today</b>	<b>31</b> <b>Call a friend for a chat</b> <b>Making Thinking Visible Webinar</b> <b>Teachers Matter BookClub</b>	 <b>EARLY NOTIFICATION</b> <b>Parenting for Resilience, Confidence &amp; Independence</b> Online Summit 7-9th Oct		