

3 SET A SMALL GOAL FOR YOURSELF THIS MONTH	4 DEAF AWARENESS WEEK	5 WEAR YOUR FAVOURITE OUTFIT	6 WORLD MATERNAL MENTAL HEALTH DAY	7 PRACTICE SMILING TO YOURSELF IN THE MIRROR	8 WORLD OVARIAN CANCER DAY	9 NATIONAL SCHIZOPHRENIA AWARENESS DAY
10 NEWSLETTER RELEASE	11 FOOD ALLERGY AWARENESS WEEK	12 WORLD FIBROMYALGIA AWARENESS DAY	13 THINK BACK TO A TIME WHEN YOU FELT PROUD OF YOURSELF	14 LIST TEN THINGS YOU LOVE ABOUT YOURSELF	15 SCHEDULE A REGULAR TIME TO PURSUE A NEW HOBBY	16 TALK TO THE CASHIER WHEN YOU GO FOOD SHOPPING
17 WORLD HYPERTENSION DAY	18 START A SMALL GOOD HABIT	19 START READING A NEW BOOK	20 LIST TEN SKILLS THAT YOU HAVE	21 CHALLENGE UNHEALTHY THOUGHTS	22 DO SOMETHING OUTSIDE OF YOUR COMFORT ZONE	23 WORLD TURTLE DAY
24 NEWSLETTER RELEASE	25 TAKE AN ONLINE COURSE TO UPELVEL YOUR SKILLS	26 LIST TEN ACHIEVEMENTS	27 SAY SOMETHING POSITIVE ABOUT YOURSELF IN FRONT OF A MIRROR	28 WORLD HUNGER DAY	29 WORLD DIGESTIVE HEALTH DAY	30 WORLD MS DAY
31 WORLD NO TOBACCO DAY						

MAY 2020

“Get more confidence by doing things that excite and frighten you.”

JESSICA WILLIAMS

