

This is your month of good **MENTAL HYGIENE!**



Name

**YOU TOTALLY
GOT THIS,
BY THE WAY**

How to use this calendar

- Choose a mental hygiene practice and commit to doing it for at least 10 minutes every day, either all at once or in shorter intervals.
- Mark your progress!
- Did you miss a day? That's ok. Just pick up where you left off.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY