

# CALENDAR CHALLENGE

# MAYs2020

## GRIT, GRATITUDE & GOAL-SETTING

SUN	MON	TUE	WED	THU	FRI	SAT
<p>2020 is the STILL the year of GRIT, GRATITUDE &amp; GOAL-SETTING! With all of the changes we're experiencing on the planet, life is forcing us to go inward, literally and figuratively. This season, our test is how patient and present we can be for our own growth. Everyday this month, challenge yourself to make one small action towards becoming more purposeful in your growth. Prioritize grit, gratitude, and goal-setting so you can be your evolved self in this evolving world. Get your family, friends, and colleagues involved and share on Facebook, Twitter &amp; Instagram with the #sarahnsays</p> <p>Visit <a href="https://sarahnsays.com">sarahnsays.com</a> for more calendar challenges and to access the May 2020 Sarahn Says N.E.W.S.Letter</p>					<b>1</b> GRIT Identify 1 thing you've done to better yourself during the quarantine	<b>2</b> GRATITUDE List 10 things you are grateful for
<b>3</b> GOAL-SETTING Meditate on a future vision for your life	<b>4</b> GRIT List 3 things about yourself you want to work on	<b>5</b> GRATITUDE Have a mini photo shoot (solo or group- you're beautiful!)	<b>6</b> GOAL-SETTING List three things you will accomplish today - no excuses!	<b>7</b> GRIT Reflect on how you have grown from the quarantine	<b>8</b> GRATITUDE Identify how you can be of better service to those around you	<b>9</b> GOAL-SETTING List 3 things you still want to accomplish in 2020
<b>10</b> GRIT Read and share a passage that motivates you	<b>11</b> GRATITUDE Do a morning meditation on gratitude	<b>12</b> GOAL-SETTING Reflect on why your goals are so meaningful to you	<b>13</b> GRIT Talk to someone who motivates you to work harder	<b>14</b> GRATITUDE Get some fresh air and express gratitude for nature	<b>15</b> GOAL-SETTING Review and refine your fitness goals for 2020	<b>16</b> GRIT Remind yourself all day that you can do anything!
<b>17</b> GRATITUDE Tell someone how much you appreciate them	<b>18</b> GOAL-SETTING Make a list of life changes you'll make after quarantine	<b>19</b> GRIT Write down something that is weighing on you	<b>20</b> GRATITUDE Make a list of 5 talents/skills you have	<b>21</b> GOAL-SETTING Identify 1 skill you want to develop in the next 3 years	<b>22</b> GRIT Practice doing something you're good at	<b>23</b> GRATITUDE Have a conversation with someone who brings you joy
<b>24</b> GOAL-SETTING Do something creative! Celebrate perseverance! GRIT <b>31</b>	<b>25</b> GRIT Take an action towards any one of your 2020 goals	<b>26</b> GRATITUDE Avoid complaining or passing judgment for the whole day	<b>27</b> GOAL-SETTING Review and refine your financial goals for 2020	<b>28</b> GRIT Listen to a motivational message about bettering yourself	<b>29</b> GRATITUDE Highlight something that happened during the quarantine that you're grateful for	<b>30</b> GOAL-SETTING Choose a new power word for the remainder of 2020!