

***I give myself
permission to
take risks and
make mistakes***

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MARCH 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 ★ Spread positive energy	2 Focus on what you can change	3 Be the supreme optimist!	4 Say thank you to someone you appreciate	5 Do something you enjoy doing, and do it well!
6 ★ Spend time giving love to your hair	7 Talk to someone who motivates you to work harder	8 Ask questions when you're curious	9 Pay someone a genuine compliment	10 ★ Share a beauty secret	11 Learn something new!	12 Spend time resting and relaxing
13 Get a good night's rest	14 ★ Work towards one of your 2022 goals	15 Do a 5 minute meditation on gratitude	16 Feel your feelings	17 ★ Tell someone that they're beautiful	18 Recite your success mantra	19 Get some fresh air and express gratitude for nature
20 ★ Make a list of things you want to release from your life	21 Take a step professionally to better your career	22 Show up as the person you aspire to be	23 ★ Write a list of 5 things you never want to take for granted	24 Practice compassion	25 Stretch for 10 minutes	26 Take pride in who you are
27 Do a web search of your dream vacation	28 Treat someone you are grateful for to something special	29 Spend some time reflecting	30 Look in the mirror and love what you see	31 ★ Identify 1 thing you accomplished this month that you are proud of		

On days marked with a ★ share how you're participating and enter to win a prize from one of our BLACK BUSINESS collaborators. Can you collect all 8 stars?

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