



# May 2021



*Energy shifting ideas and Random Acts for Passionate Living*

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

<p><i>Notes to self:</i></p>						<p>1</p> <p><b>Who's birthday or anniversary is it this month? Remember them with a handwritten card.</b></p> <p><a href="http://www.theDailyDriveWithDenise.com">www.theDailyDriveWithDenise.com</a></p>
<p>2</p> <p>Make some progress on a project that matters to you.</p>	<p>3</p> <p>Download a meditation app and try it out tonight before bed.</p>	<p>4</p> <p><b>Think on paper, it does wonders.</b></p>	<p>5</p> <p>CINCO DE MAYO</p> <p>Find a fun way to do 15 minutes of physical activity.</p>	<p>6</p> <p>Thank a teacher who made a positive impact on your life. What was your greatest takeaway?</p>	<p>7</p> <p><b>Smile at everyone you see.</b></p>	<p>8</p> <p>Acknowledge someone with a smile or warm greeting when they walk into the room.</p>
<p>9</p> <p>MOTHER'S DAY</p>	<p>10</p> <p><b>Set positive intentions for this week in your My Daily Drive.</b></p>	<p>11</p> <p>Wake up early to exercise before starting your day or going to work.</p>	<p>12</p> <p>Planned Self Care:</p>	<p>13</p> <p>Cook a meal or do a load of laundry for a friend who's just had a baby.</p>	<p>14</p>	<p>15</p> <p>Make a spa beauty care packages with lotion, nail polish, and nail files for the ladies in your life.</p> <p>Morning Mindset Club- jump start your week, join in for 30 minutes of great energy</p>
<p>16</p> <p><b>Unload your trunk, metaphorically. Release old hurts, grudges, and stories that clog your mind.</b></p>	<p>17</p> <p>Create a photo album of your family for your parents.</p>	<p>18</p> <p><b>I am _____.</b> <b>(You fill in the blank)</b></p>	<p>19</p> <p>Refrain from making assumptions or judging others. Do not "should" on yourself or others.</p>	<p>20</p>	<p>21</p> <p>Do something kind for someone you don't particularly like.</p>	<p>22</p> <p><b>Use impeccable words that empower yourself and those around you.</b></p> <p>Morning Mindset Club- jump start your week, join in for 30 minutes of great energy</p>
<p>23</p> <p>Leave a thank you note or treat in your mailbox for your mail carrier.</p>	<p>24</p>	<p>25</p> <p><b>Listen to The Daily Drive with Denise Podcast for inspiration.</b></p>	<p>26</p> <p>FULL MOON</p> <p>Take your time eating and savor every bite.</p>	<p>27</p>	<p>28</p> <p>What can you repurpose, and keep out of our land fill?</p>	<p>29</p> <p>Stop and thank an Officer or Fireman for their service.</p> <p>Morning Mindset Club- jump start your week, join in for 30 minutes of great energy</p>
<p>30</p>	<p>31</p> <p>MEMORIAL DAY</p> <p>Participate in a "Pack-A-Backpack" for a child.</p>	<p><b>THE DAILY DRIVE</b> <i>with Denise</i></p>				