

A Daily Guide for Living with Intention

Each and every day, the small choices we make
strengthen our brains, our bodies
and our relationships

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



The **HUMAN**
INFUSION PROJECT
Simplified | Practical | Accessible

www.humaninfusionproject.com



Spend **quality time** with someone you care about

Pay someone a **compliment**

In the middle of an argument **take a pause** to cool down

Remind yourself what **you believe in**

Do something **nice for your neighbor** (shh, but don't tell them it was you!)

Go for a **walk** amidst trees

Just for the day, **change your mind** about something you do routinely

give out at least **2 hugs** today

Thank your partner (or friend) for something they do routinely

Inhale deeply. Pay attention to scents today

If you haven't started yet, try **meditating** today

Pick up the phone & **call someone** you care about

Talk to a friend today if you experience stress

Get started on a small **goal**

Randomly, **touch your spouse's hand** as you pass each other in the house

Try some **new food** today

Be aware of how stereotypes may be affecting your social interactions

Take some **time for yourself** today

Find a **community service project** you can be part of

Remind yourself how **you got through a challenge** last year

Remind yourself that **your opinion or viewpoint**, could be wrong

Send someone a **kind email note** today

Is there something you do every day? skip it today. It's okay to **take a break**

if something doesn't work out, **list 3 things you learned** from it

Forgive someone today, even if it's for a small thing

Go outside and play! Do something physical!

Practice **pausing for 3 seconds before responding** in conversation

Look outside your window and **notice 3 living things**

Notice an unconscious bias that impacts your choices today

Try turning your phone off at 7pm, turn it back on at 7am

Invite a friend over for dinner



"We're making personal growth *less complicated* and *more affordable*, so *more* of us have the opportunity to feel *calm, confident* and *connected*"