

# October 2020 Worksheet

Use this worksheet to aid in using the celebrating wellness calendar! Even if you don't achieve them all, you'll make steps in the right direction!

WEEK #1: OCTOBER 1-3

COMMENTS AND THOUGHTS



**Thursday, October 1**

If you notice someone who may be lost or struggling with something, take the time to ask, 'how can I help?'

☐ Task Achieved!

Were you able to help anyone today?

How did they seem after you talked? 😊 😐 😞 😡 😠

**Friday, October 2**

Celebrate how valuable your time is and stop trying to multi-task. If something's worth your time, do it right. Multi-tasking is not only less productive but can also cause you unnecessary stress.

☐ Task Achieved!

Were you able to stop multi-tasking today? ☐ Yes ☐ No  
 Did you find you were more productive only focusing on one task at a time? ☐ Yes ☐ No

**Saturday, October 3**

Join a library instead of buying books. This will not only help the environment, but your wallet will thank you as well!

☐ Task Achieved!


Did you join a library? ☐ Yes ☐ No

How do you like it? 😊 😐 😞 😡 😠

What is your favourite book? \_\_\_\_\_

Share your favourite book with us on social media so we can enjoy it too!

WEEK #2: OCTOBER 4-10		COMMENTS AND THOUGHTS
EATING	<b>Sunday, October 4</b> When eating out at a buffet or even just eating at home, try using a smaller plate. This can trick your brain into thinking you're eating more than you are and can assist with portion control. <input type="checkbox"/> <b>Task Achieved!</b>	Have you tried eating on a smaller plate? <input type="checkbox"/> Yes <input type="checkbox"/> No Did you find you got full faster? <input type="checkbox"/> Yes <input type="checkbox"/> No <i>Fun Fact! Did you know that the colour of your plate can also trick your brain? White plates represent emptiness, which will make you eat more than a coloured plate would.</i>
	<b>Monday, October 5</b> Ask your doctor about recommended screenings such as mammograms, prostate checks, skin cancer screenings, and others. <input type="checkbox"/> <b>Task Achieved!</b>	Have you booked yourself a medical screening? <input type="checkbox"/> Yes <input type="checkbox"/> No <i>Write your appointment down here so you don't forget!</i> Where: _____ When: _____ Doctor Name: _____ Screening: _____
SAFETY	<b>Tuesday, October 6</b> Develop a new stressbuster. Instead of a bowl of ice cream or an alcoholic drink, treat yourself to a bowl of tasty, exotic fruit. Maybe take a long walk somewhere or enjoy an afternoon out with a friend or family member. <input type="checkbox"/> <b>Task Achieved!</b>	What is your healthy stressbuster? _____ What did you do before this healthy alternative? _____ Do you see the difference this alternative makes? <input type="checkbox"/> Yes <input type="checkbox"/> No <i>Share with us on social media your healthy stressbuster. Maybe you will find something new to try or give someone else a better alternative.</i>
	<b>Wednesday, October 7</b> Make plans to go for a long walk or hike and enjoy the changing fall leaves this week. Get this in your schedule and you will achieve it. <input type="checkbox"/> <b>Task Achieved!</b>	Have you planned to go for a walk or hike? <input type="checkbox"/> Yes <input type="checkbox"/> No Where is your favourite place to go? _____ <i>Take a few pictures along the way and make sure to tag us in them so we can see your beautiful fall photos.</i>
MENTAL HEALTH	<b>Thursday, October 8</b> If you have no plans for the Thanksgiving weekend, consider volunteering at a local shelter or hospital. Brighten someone's day who may be alone this holiday. <input type="checkbox"/> <b>Task Achieved!</b>	What are your plans for Thanksgiving? _____ Do you plan on doing any volunteer work? <input type="checkbox"/> Yes <input type="checkbox"/> No If yes, where do you volunteer during the holiday? _____
	<b>Friday, October 9</b> Celebrate the fun in life by seeing if you can make a task either at work or home more fun. Maybe turn cleaning your house into a dance party? Or make it a competition and see who can rake the bigger pile of leaves. <input type="checkbox"/> <b>Task Achieved!</b>	What tasks do you hate doing? _____ How are you going to make your tasks more fun? <input type="checkbox"/> Dance party <input type="checkbox"/> Competitions <input type="checkbox"/> Karaoke <input type="checkbox"/> Other _____ <i>Need some ideas? Check out pinterest or social media for great ideas about making tasks more fun for work and home.</i>
EXERCISE	<b>Saturday, October 10</b> Buy loose leaf tea instead of individual tea bags and invest in a tea infuser. Not only will you eliminate those single use tea bags but it's also worth noting that tea bags are typically stored longer, meaning that the nutrients tend to disappear over time. Loose tea has a different taste than bagged tea – try it! <input type="checkbox"/> <b>Task Achieved!</b>	Did you buy any loose leaf tea? <input type="checkbox"/> Yes <input type="checkbox"/> No How did you like it? 😊 😐 😞 😡 _____ Do you prefer loose leaf or bagged? <input type="checkbox"/> Loose <input type="checkbox"/> Bagged What is your favourite kind of tea? _____
CARING FOR OTHERS		
CELEBRATION		
ENVIRONMENT		

WEEK #3: OCTOBER 11-17		COMMENTS AND THOUGHTS
EATING	<p><b>Sunday, October 11</b></p> <p>Discover some new recipes that will get you through the colder seasons such as soups, stews, chilies, root vegetables and heavier meats.</p> <p><input type="checkbox"/> Task Achieved!</p>	<p>What is your favourite cold weather recipe?  <input type="checkbox"/> Soup <input type="checkbox"/> Stew <input type="checkbox"/> Chilli <input type="checkbox"/> Other: _____            Are you going to try any new recipes? _____  <i>Share your favourite recipe with us on social media everyone loves a warm winter meal.</i></p>
SAFETY	<p><b>Monday, October 12</b></p> <p>Happy Thanksgiving! If it's your turn for cooking this year, make sure that you stay in the kitchen while cooking on the stove top so you can keep an eye on everything. It's easy to get distracted and walk away.</p> <p><input type="checkbox"/> Task Achieved!</p>	<p>What is on the Thanksgiving menu this year?            _____            Do you have any unique Thanksgiving traditions? <input type="checkbox"/> Yes <input type="checkbox"/> No            _____</p>
MENTAL HEALTH	<p><b>Tuesday, October 13</b></p> <p>Focus on being flexible in one area of your life. Being flexible gives you the ability to change when, and as needed. By being flexible you can help overcome life's problems and knowing that you can face life's challenges will reduce your stress levels.</p> <p><input type="checkbox"/> Task Achieved!</p>	<p>What aspect of your life do you wish you were more flexible with? How do you plan to accomplish this?            _____            _____</p>
EXERCISE	<p><b>Wednesday, October 14</b></p> <p>Push it a little further this week with your exercises. Add an additional set of squats to your workout routine, bring some walking weights with you on your fall walk, take that extra trail on your hike, or try that exercise machine or class at the gym that you've been meaning to get to.</p> <p><input type="checkbox"/> Task Achieved!</p>	<p>How did you push it further with your workout this week?  <input type="checkbox"/> More squats <input type="checkbox"/> Walking weights <input type="checkbox"/> Longer run  <input type="checkbox"/> Exercise Machine <input type="checkbox"/> Other: _____</p>
CARING FOR OTHERS	<p><b>Thursday, October 15</b></p> <p>It's that time again! Time to clean out your closets and get rid of those summer clothes you never touched or those fall clothes that you know you won't be wearing. Bag them up and take them over to a local shelter or donate them.</p> <p><input type="checkbox"/> Task Achieved!</p>	<p>Did you clean out your closet? <input type="checkbox"/> Yes <input type="checkbox"/> No            Were you surprised much you don't wear? <input type="checkbox"/> Yes <input type="checkbox"/> No            Where did you donate your clothes to?  <input type="checkbox"/> Shelter <input type="checkbox"/> Church <input type="checkbox"/> Donation Bin <input type="checkbox"/> Other: _____</p>
CELEBRATION	<p><b>Friday, October 16</b></p> <p>Celebrate the start of the weekend by going home and cleaning your house and doing your laundry. With all of your usual weekend chores completed, you now have 2 full days of doing whatever you want!</p> <p><input type="checkbox"/> Task Achieved!</p>	<p>Did you get your chores all done? <input type="checkbox"/> Yes <input type="checkbox"/> No            How do you feel starting the weekend with no chores?   _____</p>
ENVIRONMENT	<p><b>Saturday, October 17</b></p> <p>Clean the back of your fridge. Dusty coils can increase energy consumption by 30%.</p> <p><input type="checkbox"/> Task Achieved!</p>	<p>Did you clean the back of your fridge? <input type="checkbox"/> Yes <input type="checkbox"/> No            Were you surprised how dusty it was? <input type="checkbox"/> Yes <input type="checkbox"/> No            Schedule a time to clean it again: _____</p>



WEEK #4: OCTOBER 18-24		COMMENTS AND THOUGHTS
EATING	<b>Sunday, October 18</b> Meal prep for the entire week. Plan out what you're going to have and see how much you can do beforehand. Veggies can be precut and stored in containers while meats can marinate and thaw out the night before. <div> <input type="checkbox"/> Task Achieved!         </div>	What did you meal prep for the week? Monday: _____ Thursday: _____ Sunday: _____ Tuesday: _____ Friday: _____ _____ Wednesday: _____ Saturday: _____
	<b>Monday, October 19</b> Flu prevention at work – when was the last time you cleaned your keyboard or common workstation surfaces? Take the time today to wipe down your work surfaces to help remove germs. <div> <input type="checkbox"/> Task Achieved!         </div>	Did you make sure to take the time to clean your keyboard and/or workstation? <input type="checkbox"/> Yes <input type="checkbox"/> No <i>We have been practicing safe cleaning and sanitizing of hands and workplaces for the past few months due to COVID-19. Make sure everyone in the office helps keep the office clean and germ free.</i>
SAFETY	<b>Tuesday, October 20</b> Approach everything in your personal and professional life as if it were new. Breathe new life into your projects, relationships, etc. with renewed purpose and intention. <div> <input type="checkbox"/> Task Achieved!         </div>	How do you feel about your renewed purpose and intention?  _____ What are you approaching with new life the most? _____
	<b>Wednesday, October 21</b> Waiting in line for coffee, standing on the bus, or just waiting at the stove for dinner to finish cooking? Make use of that standing time by doing some heel raises. Simply raise yourself onto your toes and then lower. This strengthens your calf muscles, ankle and knee joints and can help improve over all balance. <div> <input type="checkbox"/> Task Achieved!         </div>	Did you do any exercises in line? <input type="checkbox"/> Yes <input type="checkbox"/> No How many raises were you able to do? <div>             1 2 3 4 5 6 7 8 9 10           </div>
MENTAL HEALTH	<b>Thursday, October 22</b> Leave some change in the vending machine for someone else to get a treat. <div> <input type="checkbox"/> Task Achieved!         </div>	Did you leave any change in the vending machine for someone else? <input type="checkbox"/> Yes <input type="checkbox"/> No Were you around when they got to use it? <input type="checkbox"/> Yes <input type="checkbox"/> No <i>Want to get someone a treat but don't have access to a vending machine? Try paying for someone in the line behind you.</i>
	<b>Friday, October 23</b> The days are getting colder and shorter. Celebrate the last bits of nice weather we may get by doing something outdoors today. Go for a run, sit outside and read a book, walk to grab lunch, etc. <div> <input type="checkbox"/> Task Achieved!         </div>	What outdoor activity did you get to do today? _____ Are you looking forward to the winter months? <input type="checkbox"/> Yes! I love the winter <input type="checkbox"/> No. I am a summer person <input type="checkbox"/> I prefer the flowers of spring <input type="checkbox"/> Can fall be all year round?
EXERCISE	<b>Saturday, October 24</b> With winter right around the corner (depending on where you live, maybe it's already here) consider investing in some heavy curtains. While blinds are nice, a good, heavy curtain can keep in more heat when it's cold outside. <div> <input type="checkbox"/> Task Achieved!         </div>	Did you invest in some heavy curtains? <input type="checkbox"/> Yes <input type="checkbox"/> No  If you have used them already, have you noticed a difference? <input type="checkbox"/> Yes <input type="checkbox"/> No
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WEEK #5: OCTOBER 25-31		COMMENTS AND THOUGHTS
EATING	<b>Sunday, October 25</b> Tonight, is a night to sit back relax, watch a scary movie and get that heart pumping! Make it a healthy movie snack like plain air popped corn, a fruit or veggie plate for lots of crunch! <input type="checkbox"/> <b>Task Achieved!</b>	Do you like scary movies? <input type="checkbox"/> Yes <input type="checkbox"/> No What is your favourite scary movie? _____ What healthy snack did you make for movie night? _____ <i>Share with us on social media your favourite Halloween movie, you might even find something new to watch.</i>
	<b>Monday, October 26</b> Winter is on its way. Make sure you put your winter emergency kit in the trunk of your car. Don't have one? You can find them at many hardware or retail stores. Want to make your own, simply Google suggested content. <input type="checkbox"/> <b>Task Achieved!</b>	Did you put an emergency kit in your car? <input type="checkbox"/> Yes <input type="checkbox"/> No What items did you put in your winter emergency kit? _____ <i>Not sure what to put in it? Contact us and we can help!</i>
SAFETY	<b>Tuesday, October 27</b> Start your fall cleaning. Through cleaning your work and living environments, you can help clear your inner mind. <input type="checkbox"/> <b>Task Achieved!</b>	Did you get to your fall cleaning? <input type="checkbox"/> Yes <input type="checkbox"/> No Did you donate anything you were getting rid of? <input type="checkbox"/> Yes <input type="checkbox"/> No How do you feel now that everything is clean? 😊 😐 😞 😡 😠 _____
	<b>Wednesday, October 28</b> Try a new indoor sport such as tennis, squash, pickleball, etc. <input type="checkbox"/> <b>Task Achieved!</b>	Which indoor sport did you try? <input type="checkbox"/> Tennis <input type="checkbox"/> Squash <input type="checkbox"/> Pickleball <input type="checkbox"/> Indoor soccer/football <input type="checkbox"/> Basketball <input type="checkbox"/> Curling <input type="checkbox"/> Other _____
MENTAL HEALTH	<b>Thursday, October 29</b> Try and smile at as many strangers as you can today. Too often we hang our head down and avoid eye contact with people we don't know. Today, look up and smile. Maybe a smile is just what someone needed. <input type="checkbox"/> <b>Task Achieved!</b>	How many people did you smile at today? 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15
	<b>Friday, October 30</b> Celebrate the end of the week by treating yourself to a delicious meal. Grab some friends or family and try that new restaurant or grab the groceries to make that meal you saw on social media the other day. <input type="checkbox"/> <b>Task Achieved!</b>	What delicious meal did you treat yourself with? Did you make it yourself or order it from a restaurant? <input type="checkbox"/> Made it <input type="checkbox"/> Ordered it <i>Share your meal with us on social media to inspire us to make it ourselves, include the recipe if you have it.</i>
EXERCISE	<b>Saturday, October 31</b> If you're looking for that last minute Halloween costume, head over to your local thrift shop to see what you can put together. <input type="checkbox"/> <b>Task Achieved!</b>	What is your Halloween costume this year? _____ Did you make it or buy it all together? <input type="checkbox"/> Made it <input type="checkbox"/> Bought it What was your favourite costume you ever had? _____ <i>Share your costume on social media and remember to tag us so we can see! Always remember safety first!</i>
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