

# DIANA DAMRON



## C's the Day<sup>®</sup> and Unleash Civility!

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

# SEPTEMBER 2021

				1 It's a new month. What will you focus on? Write it down!	2 Is your attitude in alignment with your focus? If not, change.	3 Every hour double-check what you're focusing on. If it's not constructive, change your focus.	4 Has your focus changed with the weekend? How?
5 Exercise your spiritual YOU today.	6 Look in the mirror. Smile at that person.	7 Are you still focusing on what you wrote down on Day #1? What's changed?	8 Focus on exercising civility throughout the day - to everyone!	9 Be consistent with your civility.	10 Choose to truly engage at work.	11 Breathe, exercise, listen to music.	
12 Exercise the spiritual side of you today.	13 Focus on your #1 priority.	14 Re-evaluate your focus. Has it strengthened, or do you need to reevaluate it?	15 Speak from a sense of confidence.	16 Align your communication with your top value in life today.	17 Smile! Throughout the day, just smile!	18 Focus on fun! Enjoy the day!	
19 Enjoy nature today by yourself or with company.	20 Learn something new today.	21 Exercise civility in traffic today - even if it's just walking on the sidewalk.	22 Smile at someone you don't want to.	23 Surprise yourself! Find something you like about that person who's a challenge.	24 Learn something new and challenging.	25 Complete a project that's been on the backburner.	
26 Write a "thank you" to someone not expecting it.	27 Revisit the focus you set on Day #1 of the month.	28 Evaluate your month. What went well? What could you do differently?	29 What are you doing differently?	30 Pause and appreciate.			