

# AUGUST 2019

## A Touch Of Magic Action Calendar

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

"Balance is not something you find, it's something you create."

~ Jana Kingsford

1

Ask yourself where do you need balance in your life

2

Plan your month ahead for a work/life balance

3

Self-care day - treat yourself to something nice

4

Reconnect with an old friend today

5

Invest in yourself - hire the coach, enroll in that course

6

Focus on the positive today

7

Enjoy a 3-hour dinner with a loved one

8

Share or promote a friend's business

9

Allow yourself to say NO to what doesn't align

10

Make a list of pros and cons for what's on your mind

11

Let yourself sleep in today

12

Say "I love you" to someone who needs to hear it

13

Pay attention for a sign from the Universe today

14

Share one of your favorite songs and why

15

Perform a full moon ritual today

16

Write a love letter to yourself

17

Hug at least 7 people today

18

Make a simple home-cooked meal for your family

19

Pay for someone's drink today

20

Ask for the support you need

21

Pull a tarot/oracle card - What aligns for you today?

22

Reevaluate your priorities - what is most important?

23

Share your favorite feel-good movie and why

24

Talk to your plants, animals, or spirit guides today

25

Take yourself on a date - get to know yourself better

26

Choose yourself first today

27

Compliment as many people as you can today

28

Allow yourself to feel your feelings

29

Let go of toxic relationships

30

Make a wish under the new moon

31

Sit quietly for 10 mins and listen to your body



A little bit of magic every day goes a long way. Find out more at  
[www.mynasmoon.com/atouchofmagic](http://www.mynasmoon.com/atouchofmagic)

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