



DARKTOBER

31-day survival guide

	S	M	T	W	T	F	S
WEEK 1		■	■	■	■	■	■
WEEK 2	■	■	■	■	■	■	■
WEEK 3	■	■	■	■	■	■	■
WEEK 4	■	■	■	■	■	■	■
WEEK 5	■	■	■	■			

TO-DOS

in no specific order

- Day 1 - What will you gift yourself if you make it through this challenge?
- Enjoy antioxidant rich tea
- Sign up for Shine text messages
- Keep a gratitude journal
- Do a Yoga With Adrienne video
- Play with your pet, or someone else's
- Take a personal day off work this month
- Call an old friend
- Take a new route home
- Meditate - Try Headspace
- Spend time with a positive colleague
- Ask someone how you can help them
- Hydrate!
- Pack healthy snacks for the week ahead
- Listen to Oprah's Super Soul Sunday
- Take a lunch time vacation - seriously, close your eyes and imagine you're away
- Watch a funny video during lunch
- Take a five minute walk
- Forgive someone, preferably yourself
- Make a positive call to a parent
- Prep all your outfits for the week ahead
- Don't bring any work home with you
- Disinfect your room
- Observe another teacher for 10 minutes
- Think of 3 students who have made noticeable growth. You did that!
- Get to know a student on a personal level
- Sleep in!
- Go to bed early
- Avoid gossip today
- Listen to the EDpiphany podcast
- Day 31 - If you made it through the entire challenge, buy yourself that gift you set your mind to