



ANDISAITOWITZ

Your 14 Day Inspirational Quarantine Calendar

"Grant me serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference."



DAY ONE

DAY TWO

DAY THREE

DAY FOUR

DAY FIVE

DAY SIX

DAY SEVEN

LOVE YOURSELF

MORNING NOTE-TO-SELF
"I can be changed by what happens to me. But I refuse to be reduced by it."
Maya Angelou

Create a self-care charter. This includes things you love that will nourish, nurture and pamper. For example:
Scented candle, bubble bath, hand/foot cream massage, essential oils.

Never underestimate the power of self-love, it will recharge you so that you can keep giving to those you love too.

EVENING NOTE-TO-SELF
"No matter how bleak or menacing a situation may appear, it does not entirely own us. It can't take away our freedom to respond, OUR POWER to take action."
Ryder Carroll

MOVE

MORNING NOTE-TO-SELF
"On the other side of a storm is the strength that comes from having navigated through it. Raise your sail and begin."
Gregory S. Williams

Create a daily workout schedule for the next 2 weeks. Download an app or check out some online workout videos. There are so many options and science proves that working out 30 minutes each day is essential to wellbeing.

Your body will thank you tremendously once it feels the amazing chemical reaction you've started. It is awesome to know that when we shift our physiology, our mental state shifts too!

EVENING NOTE-TO-SELF
"It may sound strange, but many champions are made champions by setbacks."
Bob Richards

CONNECT

MORNING NOTE-TO-SELF
"When we learn how to become resilient, we learn how to embrace the beautifully broad spectrum of the human experience."
Jaeda Dewalt

Physical distancing does not mean disconnection. Right now, it is more important than ever, to stay in touch and reach out. Block off time each day to dedicate to speaking to your loved ones. Share your feelings and engage in their lives. These moments of authentic connection are crucial to our happiness.

Make time for the people who double your joy and divide your pain.

EVENING NOTE-TO-SELF
"Resilience is based on compassion for ourselves as well as compassion for others."
Sharon Salzberg

BALANCE

MORNING NOTE-TO-SELF
"Successful people demonstrate their resilience through their dedication to making progress every day, even if that progress is marginal."
Jonathan Mills

It is so easy in isolation to have night and day become one messy foggy blur.

Make sure you manage your time effectively and keep a healthy sleep-wake routine.

Create a useful time management plan and use your calendar and reminders to reinforce it. Pin it up so it's easily accessible.

You do this in "regular life", now it's time to apply this knowledge to your current circumstances.

EVENING NOTE-TO-SELF
"We are not a product of what has happened to us. We have the power of choice."
Stephen Covey

JOURNALING

MORNING NOTE-TO-SELF
"We all have battles to fight. And it's often in those battles that we are most alive: it's on the frontlines of our lives that we earn wisdom, create joy, forge friendships, discover happiness, find love, and do purposeful work."
Eric Greitens

Journaling is a wonderful way to reflect on your strengths, past lessons and new goals. Think about your purpose and values - what truly matters most.

What adjustments would you like to make in your life?

What's on your mind right now? What else?

EVENING NOTE-TO-SELF
"Although the world is full of suffering, it is also full of the overcoming of it."
Helen Keller

MEDITATION

MORNING NOTE-TO-SELF
"Like tiny seeds with potent power to push through tough ground and become mighty trees, we hold innate reserves of unimaginable strength. We are resilient."
Catherine DeVry

Building new neural pathways is the route to success and high performance.

Download an app and start to develop a meditation process. It is accessible to absolutely anyone and will bring gifts you never imagined into your life.

This period is draining and stressful. By enabling more presence, mindfulness and calm into your life, you equip yourself with powerful and precious resources to cope.

EVENING NOTE-TO-SELF
"Courage doesn't always roar. Sometimes courage is the quiet voice at the end of the day saying, I will try again tomorrow"
Mary Anne Radmacher

FOOD

MORNING NOTE-TO-SELF
"Do not judge me by my success, judge me by how many times I fell down and got back up again."
Nelson Mandela

Healthy eating habits are essential to maintaining great energy during a draining period.

Develop your knowledge & best practices and adapt your menu accordingly. Stay adequately hydrated too!

Research is growing around the intrinsic connection between mind and body, between gut and mental health.

We may not have control over our situation, but we always have control over what we choose to feed our mind, body and soul.

Fuel yourself wisely, with care.

EVENING NOTE-TO-SELF
"Our greatest glory is not in never falling, but in rising every time we fall."
Confucius

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DAY EIGHT

CREATIVITY

MORNING NOTE-TO-SELF
"The human capacity for burden is like bamboo- far more flexible than you'd ever believe at first glance."
Jodi Picoult

Take some time today to truly bring back your passions and creativity. You may want to draw, paint, knit, do puzzles, write, whatever is possible in your space and current environment – use the time today to ignite the fire within and do more of what you love.

Life may be stressful right now, but we can create moments of pleasure and joy by doing more of what we love that activate resilience. What one thing are you going to do today that you really love?

EVENING NOTE-TO-SELF
"If your heart is broken, make art with the pieces."
Shane Koyczan

DAY NINE

SIMPLIFY

MORNING NOTE-TO-SELF
"It's your reaction to adversity, not adversity itself that determines how your life's story will develop."
Dieter F. Uchtdorf

Isolation is a fantastic opportunity to go through your things and get rid of what you no longer use or enjoy. When we rid ourselves of things that no longer serve our higher good, we feel lighter.

Use the time to rethink your highest priorities. What can you declutter or take out of your life. What will you create new space for as a result? Use today to think about how you spend your time, your money and your energy? What do you want to simplify and change as a result of this new awareness?

EVENING NOTE-TO-SELF
"Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time."

DAY TEN

ACTION

MORNING NOTE-TO-SELF
"Only those who dare to fail greatly, can ever achieve greatly."
Robert F. Kennedy

Today is the day to dedicate to a project, idea or work goal that's been on the backburner for some time. Invest some time in moving this project forward and gaining some meaningful traction. Do you have a clear well-formed outcome for this goal?

Here is a helpful checklist:

- A clear vision
- A list of resources you need
- A plan of action
- A tracking system to measure your progress
- A connection to your values and why this project is important to you
- A way to overcome obstacles that may get in the way

EVENING NOTE-TO-SELF
"I hope you never fear those mountains in the distance. Never settle for the path of least resistance"
Lee Ann Womack

DAY ELEVEN

LEARN

MORNING NOTE-TO-SELF
"Turn your wounds into wisdom."
Oprah Winfrey

Learn something new. There are countless opportunities to learn today with a plethora of online courses and free materials at your fingertips. Look up one that grabs your interest today and enroll yourself right now.

What have you always been curious about? Is there a capability or skill you'd love to develop to help you advance in a particular area of your life? What is one thing you'd love to know more about or how to do that would make the most meaningful difference or impact in your life right now?

EVENING NOTE-TO-SELF
"You may have to fight a battle more than once to win it."
Margaret Thatcher

DAY TWELVE

MINDSET

MORNING NOTE-TO-SELF
"Life doesn't get easier or more forgiving, we get stronger and more resilient."
Steve Maraboli

Today is all about cultivating your mindset. Success in life is 80% Mindset and 20% Strategy and Work which means that mindset matters a lot! What beliefs do you want to reframe or change as they are unhelpful to your development? How can you use your current challenge as a stepping stone? What gifts may be hidden in these difficult days? Create a list of your greatest strengths and how you can use them right now in any area of your life to get you another step closer to a goal.

EVENING NOTE-TO-SELF
"Hold yourself responsible for a higher standard than anybody else expects of you. Never excuse yourself. Never pity yourself. Be a hard master to yourself-and be lenient to everybody else."
Henry Ward Beecher

DAY THIRTEEN

FAST FORWARD

MORNING NOTE-TO-SELF
"Resilience is accepting your new reality, even if it's less good than the one you had before. You can fight it, you can do nothing but scream about what you've lost, or you can accept that and try to put together something that's good."
Elizabeth Edwards

Create an amazing list of all the things you are excited about and look forward to in the future. This list includes places you'd love to go, things you'd love to do & people you'd love to see. It will encourage and inspire you to keep optimistic and give you some wonderful experiences to plan and prepare for.

EVENING NOTE-TO-SELF
"If you're going through hell, keep going."
Winston Churchill

DAY FOURTEEN

GRATITUDE

MORNING NOTE-TO-SELF
"Rock bottom became the solid foundation in which I rebuilt my life."
J.K. Rowling

Gratitude is a superpower that allows us to focus on all the blessings in our life. It creates new neural pathways and shifts our thinking. Gratitude enables a person to move from a place of judgement about self, others and situations to a place of appreciation and learning.

Take the time today as you have achieved so much greatness these past 2 weeks and focus on all your insights. What do you want to take with you as you step back out into your freedom? What upgrades are you committed to making in your life as a result?

EVENING NOTE-TO-SELF
"She stood in the storm and when the wind did not blow her way, she adjusted her sails"
Elizabeth Edwards

Doing good for others is one of the best ways to get through hard times. Kindness is life-changing. For everyone.

Life is always going to give us challenges. Our challenges change us. We get to decide how.

My hope and prayer is that these 14 days bring your renewed energy, a flood of kindness and strength and a purposeful grounded optimism in what is possible as well as a gentle reminder that you are stronger than you ever imagined.



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