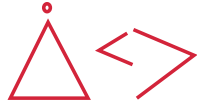


APRIL



Kà-wàsakotòdj

iskigamizige-giizis

Onerahtókha

S	M	T	W	T	F	S
			01	02	03	04
05	06	WORLD HEALTH DAY 07	08	09	GOOD FRIDAY 10	11
EASTER 12	13	14	WORLD ART DAY 15	16	17	18
19	20	21	EARTH DAY 22	23	24	25
26	27	28	29	30		

3 THINGS I'D LIKE TO TRY THIS MONTH

DID YOU KNOW

You're more likely to continually work towards your goal and eventually reach your goal if you write it down?

Using a SMART Goal template can help you be more realistic with your accomplishments.

Specific - Be specific about what your trying to accomplish

Measurable - How are you going to track your progress?

Achievable - Make sure your goal is realistic for you

Relevant - Consider whether your goal is worthwhile and will enhance your life

Time-based - Set a specific time frame for when you'd like to accomplish your goal

S _____

M _____

A _____

R _____

T _____

#ActivatingWellness



MAY

zaagibagaawi-giizis

alîki-pîsimw

Onerahtohkó:wa

wàbigon-kìzis



S	M	T	W	T	F	S
					01	02
03	04	05	06	07	08	09
MOTHERS DAY 10	11	12	13	14	15	16
17	VICTORIA DAY 18	19	20	21	22	23
24						
31	25	26	27	28	29	30

3 THINGS I'M
THANKFUL FOR

Make sure you focus on your spiritual wellness this month. The Flower Moon is when all plants display their spirit sides for us to see.

WHAT GOAL WILL YOU WORK TOWARDS THIS MONTH?

S _____

M _____

A _____

R _____

T _____

#ActivatingWellness



JUNE

ode'iminekewi-giizis



pinâwêwi-pîsim

Ohiariha

ODE'MIIN GIIZIS

S	M	T	W	T	F	S
	01	02	03	04	05	06
07	08	09	10	11	12	13
14	15	16	17	18	19	20
FATHER'S DAY						
NATIONAL INDIGENOUS PEOPLE'S DAY	21	22	23	24	25	26
27	28	29	30			

2 THINGS I WANT TO GET BETTER AT

HOW WILL YOU CELEBRATE NATIONAL INDIGENOUS PEOPLE'S DAY?

WHAT GOAL WILL YOU WORK TOWARDS THIS MONTH?

S _____
M _____
A _____
R _____
T _____

#ActivatingWellness

