

Empowered Women Empower Women Onyx+Ivy Challenge

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SUN	MON	TUE	WED	THU	FRI	SAT	5 REMINDERS: You are capable You have a voice You are valuable You are enough You can overcome
		Share a female local owned business	Treat yourself to a fancy coffee	3 Have a dance party to your fave boss b anthem	Sit on the front porch. Just. Sit.	5 Take a bubble bath + listen to a female podcast	
6 Buy a new book written by a local female author	7 Write 3 things about yourself that make you feel strong	8 Take a coffee, tea or treat to a friend	9 Share 5 things on your bucket list - extra point if it's crossed off	10 Watch your favorite movie with a treat	Try a new recipe + share it with us	12 Send a card to someone you miss	MONTHLY GOALS
Try doing something new and creative	14 Write a letter to yourself to read a year from now	15 Try a new lipstick or an old fave - flash us a smile	16 Check in on a friend + remind them they are loved	Share a wicked female podcast with us	18 Call a woman in your life that inspires you + tell them	Go for a mindful walk and reflect	
20 Light a candle and sit with positive thoughts	21 No complaining! See the good in everything today	22 Buy yourself flowers	23 Compliment a female stranger	24 Engage with a local female run business	25 Do a fun online workout + share it with us	26 Do a face mask	
27 Try a 10 minute guided meditation	28 Go to bed early	29 Purge social media accounts who don't fill your bucket	30 Create a positive daily mantra for yourself				

HOW TO PARTICIPATE:

1. Save this calendar on your phone or print it out and put it somewhere you will see it daily.

2. Do the daily activities, share a pic to your stories, tag us @onyx.and.ivy and use #onyxandivyempower

3. Every day you participate and use #onyxandivyempower you will be entered to win a self care gift pack.
4. Remember to have fun and check in on yourself and others mental health.

