

MARCH 2022

Inspiration Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	1 Toast to more perspectives in journalism.	2 Cheer on these 5 athletes at the Paralympics.	3 Get inspired by para-alpine skiing trailblazer Karolina Wisniewska.	4 Tune into the Paralympics - today until March 13th.	5 Whip up this exclusive chicken ginger soup recipe by Chef Dale MacKay.
6 Get motivated with one of these inspiring books.	7 Pick 1 of these actions to help the planet.	8 Educate yourself this International Women's Day.	9 Test these trends and get healthier.	10 Do a good deed like this hockey fan did.	11 Binge some Golden Girls on Prime and LOL with Betty White.	12 Find out how one independent news outlet is making it.
13 Follow an account that makes you feel good. Unfollow one that doesn't.	14 Sustainable is sexy - learn ways to make your lifestyle greener!	15 Get inspired by these young climate activists.	16 Feel Zen with one of these meditation apps.	17 It's St. Patrick's Day! Treat yourself to a cup o' cheer.	18 It's Global Recycling Day - ditch plastic with these tips.	19 Text a friend to see how they're doing.
20 Get outside and enjoy the 1st day of spring.	21 Green up your getting-ready routine.	22 Be a proud plant parent with these low-light plants.	23 Take 10 minutes to stretch.	24 Feel those good vibes - read about this restaurant/worker co-op.	25 Stream Meet Your Makers & check out amazing artisans like this one.	26 Stream some Queer Eye and feel all the feels.
27 Plan a fun activity for the upcoming week.	28 Make like a critter and have fun foraging for food.	29 Go for a little (or a long) walk.	30 Take care of your mental health with these tips.	31 Share info about PrEP medication (& maybe save a life).	1	2

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