



SingularityU  
Australia

**MARCH 2021** | Wellness Calendar



**RAWenergy**  
Resilience - Authenticity - Wellbeing

Finding  
**EQUILIBRIUM**

# Welcome to the **March 2021 Wellness Calendar**

Routines are the foundation of wellness. What you do consistently will support you to be at your best every day. To set you up for success this month, we have created a range of micro activities that you can try each day to help you build your mental and physical resilience. Do the daily tasks throughout March and you'll be welcoming in April with 5 new routines in place to help you Find EQUILIBRIUM each day. [Watch this short introductory video](#)

**START**



Monday

1

**RESET Meditation**

**TASK:** Try our RESET Meditation.

*Each week videos will be released in the Launchpad Video Library.*

Tuesday

2

**Plants Tuesday**

**TASK:** Today count how many different plants you've consumed.

Research shows that one of the best things you can do to support your GUT health is to increase the number of plants you're consuming.

Wednesday

3

**Sleep Wednesday**

**TASK:** Night night. See if you can go to bed by 10.30pm today.

Thursday

4

**Walk & Talk Thursday**

**TASK:** Have a walk and talk meeting today. This way you can catch-up, and move your body at the same time.

Friday

5

**DETOX Friday**

**TASK:** Scrape your tongue with a tongue scraper to get rid of all of the Mucus that accumulates on your tongue during the night..

8

**AWARENESS Meditation**

**TASK:** Try our Awareness Meditation.

Have you tried meditation? Many of us find it very hard to sit still for just one day.

9

**Plants Tuesday**

**TASK:** Make a note of how many plants you eat today. How does it compare to last week?

10

**Sleep Wednesday**

**TASK:** Bed by 10.30pm this evening? This one habit will set you up for success tomorrow!

11

**Walk and Talk Thursday**

**TASK:** Have a walk and talk meeting today.

Bundling activities is a great way to get things done and support your wellness at the same time.

12

**DETOX Friday**

**TASK:** Scrape your tongue with a tongue scraper.

WORLD SLEEP DAY

DREAMS

15

**Concentration Meditation**

**TASK:** Try our Concentration meditation to help train your concentration muscle.

16

**Plants Tuesday**

**TASK:** How many plants did you consume today? There are so many plants to choose from. Try to eat the colours of the rainbow!

17

**Sleep Wednesday**

**TASK:** Go to bed by 10.30pm

One of the best things you can do for your wellness is create better rituals around sleep to help rejuvenate and detox your body.

18

**Walk and Talk Thursday**

**TASK:** Have a walk and talk meeting today. Walk somewhere different today and explore the neighbourhood.

19

**DETOX Friday**

**TASK:** Scrape your tongue with a tongue scraper. Sounds painful! But it's not!

22

WORLD WATER DAY

**Sensations Meditation**

**TASK:** Try our Sensations Meditation.

23

**Plants Tuesday**

**TASK:** How many plants today? Guess what the average is in Australia.

2021 SUMMIT STARTS!

24

**Sleep Wednesday**

**TASK:** Well that's a wrap, and you're probably ready to go to bed by 10.30pm today! Night, night

25

**Walk and Talk**

**TASK:** Have a walk and talk meeting today - enjoy the walk and the talk!

26

**DETOX Friday**

**TASK:** Scrape your tongue with a tongue scraper.

Every morning, your tongue is coated in a layer of mucus removed from the body whilst you slept. According to ancient wisdom, by scraping your tongue with a tongue scraper every morning will remove that mucus and the toxins it contains.

29

**Thoughts & Emotions Meditation**

**TASK:** Try our Thoughts & Emotions Meditation. You are not your thoughts!

30

**Plants Tuesday**

**TASK:** It's Plant Tuesday again! How exciting. See if you eat 10 different plant species today?

31

**Sleep Wednesday**

**TASK:** Go to bed by 10.30pm so that you can be fresh and at your best to welcome in a whole new month of wellness!

To get more inspiration to upgrade your routines and habits, download [the EQUILIBRIUM Total Wellbeing EBOOK Series](#): <https://www.totalwellbeing.co/SUCCESS>