

THE BAN.DO TO-DO LIST

Follow along in your ban.do planner or tackle them all at once...

Just make sure you take a picture and post it with the hashtag #bandotodolist

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|--|--|--------------------------------------|--|--|--|
| <input type="checkbox"/> 7/29 – 8/4 | Dance everywhere you go. | <input type="checkbox"/> 1/27 – 2/2 | Make a list of everything you're excited about. | <input type="checkbox"/> 7/20 – 7/26 | Plant a lemon tree for future lemonade. |
| <input type="checkbox"/> 8/5 – 8/11 | Run around just because. | <input type="checkbox"/> 2/3 – 2/9 | Start a new passion project. | <input type="checkbox"/> 7/27 – 8/2 | Watch a movie on VHS. |
| <input type="checkbox"/> 8/12 – 8/18 | Pop some bubble wrap. | <input type="checkbox"/> 2/10 – 2/16 | Call all of the people you love. | <input type="checkbox"/> 8/3 – 8/9 | Listen to your favorite song from middle school. |
| <input type="checkbox"/> 8/19 – 8/25 | Sing (loudly) in the shower. | <input type="checkbox"/> 2/17 – 2/23 | Buy yourself flowers. | <input type="checkbox"/> 8/10 – 8/16 | Go to a drive-in. |
| <input type="checkbox"/> 8/26 – 9/1 | Pretend your bathroom is a spa. | <input type="checkbox"/> 2/24 – 3/1 | Learn a new party trick. | <input type="checkbox"/> 8/17 – 8/23 | Stay up past your bedtime. |
| <input type="checkbox"/> 9/2 – 9/8 | Take a day (or two!) for yourself. | <input type="checkbox"/> 3/2 – 3/8 | Find a rainbow. | <input type="checkbox"/> 8/24 – 8/30 | Read through old text messages. |
| <input type="checkbox"/> 9/9 – 9/15 | Just close your eyes for a bit. | <input type="checkbox"/> 3/9 – 3/15 | Go to a fortune teller or psychic. | <input type="checkbox"/> 8/31 – 9/6 | Take a walk in a new neighborhood. |
| <input type="checkbox"/> 9/16 – 9/22 | Download a meditation app. | <input type="checkbox"/> 3/16 – 3/22 | Buy a couple of scratchers. | <input type="checkbox"/> 9/7 – 9/13 | Set aside some time to meditate. |
| <input type="checkbox"/> 9/23 – 9/29 | Take a nap outside. | <input type="checkbox"/> 3/23 – 3/29 | Write down all the things you feel lucky for. | <input type="checkbox"/> 9/14 – 9/20 | Take a mental health day. |
| <input type="checkbox"/> 9/30 – 10/6 | Reconnect with an old friend | <input type="checkbox"/> 3/30 – 4/5 | Go to the movies by yourself. | <input type="checkbox"/> 9/21 – 9/27 | Say no to that thing you don't want to do. |
| <input type="checkbox"/> 10/7 – 10/13 | Invite that new co-worker to lunch. | <input type="checkbox"/> 4/6 – 4/12 | Post a few selfies. | <input type="checkbox"/> 9/28 – 10/4 | Apply for your dream job. |
| <input type="checkbox"/> 10/14 – 10/20 | Ask for help if you need it. | <input type="checkbox"/> 4/13 – 4/19 | Work on your posture. | <input type="checkbox"/> 10/5 – 10/11 | Set a goal for the day and then do it. |
| <input type="checkbox"/> 10/21 – 10/27 | Plan a group Halloween costume. | <input type="checkbox"/> 4/20 – 4/26 | Be nice. | <input type="checkbox"/> 10/12 – 10/18 | Wake up super early. |
| <input type="checkbox"/> 10/28 – 11/3 | Keep crystals in your pocket all day long. | <input type="checkbox"/> 4/27 – 5/3 | Girls' night out (or in!). | <input type="checkbox"/> 10/19 – 10/25 | De-clutter. |
| <input type="checkbox"/> 11/4 – 11/10 | Practice some hard yoga poses. | <input type="checkbox"/> 5/4 – 5/10 | Stand up for yourself. | <input type="checkbox"/> 10/26 – 11/1 | Open that bottle of wine you were saving. |
| <input type="checkbox"/> 11/11 – 11/17 | Salad for lunch. Cake for dinner. | <input type="checkbox"/> 5/11 – 5/17 | Ask for what you want. | <input type="checkbox"/> 11/2 – 11/8 | Treat yourself to a massage. |
| <input type="checkbox"/> 11/18 – 11/24 | Make some time for yourself. | <input type="checkbox"/> 5/18 – 5/24 | Get. Stuff. Done. | <input type="checkbox"/> 11/9 – 11/15 | Get some fresh air. |
| <input type="checkbox"/> 11/25 – 12/1 | Start saving for your dream vacation. | <input type="checkbox"/> 5/25 – 5/31 | Give yourself a pep talk. | <input type="checkbox"/> 11/16 – 11/22 | Make a super chill playlist. |
| <input type="checkbox"/> 12/2 – 12/8 | Listen to a motivational podcast. | <input type="checkbox"/> 6/1 – 6/7 | Make your own scavenger hunt. | <input type="checkbox"/> 11/23 – 11/29 | Stay in pajamas all day long. |
| <input type="checkbox"/> 12/9 – 12/15 | Make a list of everything you're good at. | <input type="checkbox"/> 6/8 – 6/14 | Order two desserts! | <input type="checkbox"/> 11/30 – 12/6 | Yes, dye your hair that color. |
| <input type="checkbox"/> 12/16 – 12/22 | Try that difficult recipe you've been putting off. | <input type="checkbox"/> 6/15 – 6/21 | Check out that antique shop you always drive by. | <input type="checkbox"/> 12/7 – 12/13 | Order your pie a la mode. |
| <input type="checkbox"/> 12/23 – 12/29 | Toast to your future self. | <input type="checkbox"/> 6/22 – 6/28 | Road trip to a weird diner. | <input type="checkbox"/> 12/14 – 12/20 | Let someone know how happy they make you. |
| <input type="checkbox"/> 12/30 – 1/5 | Make a smoothie for breakfast. | <input type="checkbox"/> 6/29 – 7/5 | Start decorating your future home. | <input type="checkbox"/> 12/21 – 12/27 | Start a new holiday tradition. |
| <input type="checkbox"/> 1/6 – 1/12 | Do whatever makes you feel good. | <input type="checkbox"/> 7/6 – 7/12 | Write down all your dreams. | <input type="checkbox"/> 12/28 – 1/3 | Tip your waiter a little more than usual. |
| <input type="checkbox"/> 1/13 – 1/19 | Drink more water. | <input type="checkbox"/> 7/13 – 7/19 | Look on the bright side. | | |