



"Well behaved women rarely make history."

2026

# It's "BE AN ADORABLE BADASS" Month!

(A.K.A. National Women's History Month!)

Let's Make Our Own History!

Celebrate All The Wonderful Women in Your Life... especially YOU!

**1** March comes in like a lion! You should, too!

Be like Alysia Liu, the gold medalist... Every day do something that makes you say, "That's What I'm F\*\*King Talking About!"

**Use Your Voice! ROAR!**

**2** Plan a 30-Day Practice. Think of one thing you'd like to change. Make a commitment to do this for 30-days. Make HISTORY for yourself this month!

**3** Today, do not allow people to dim your shine because they are blinded. Tell them to put on some sunglasses.



**4** Make It a Wonder Woman Kind of Day! Strike a Power Pose throughout the day! Embrace Your Power!



**5** Today buy yourself something that symbolizes power to you.



**6** "Be That Girl Who Just Went For It" Toay!

**7**  Spring Forward in Your Life! Set Clocks Ahead Tonight!!

**8** It's International Women's Day! Today, remember: no matter what size, color, age... we are all beautiful and powerful.



**9** Be Different Today! Try Your Luck at Something New!



**10** Today, grab some popcorn and watch the movie "On the Basis of Sex." Ask yourself, "what can I do to empower women?"



**11**  Make today an "I want you to be happy" day! What can you do today to make yourself or someone else a little happier?

**12** Today is Plant A Flower Day! What can you do TODAY to help YOU bloom!!



**13**  What is one thing you can do to love yourself a little more today? DO IT!

**14** **3.14** It's Pi day, a number that never ends! Today, cook up a pie (or buy one) and celebrate your endless greatness!



**15** Screw the "Ides of March"! Some see a weed, others see a wish. Focus on the good!



**16**  Don't be that kid standing at the top of the waterslide, overthinking it. Just do it today. Go down the chute.

**17** Today, write three things you're grateful for. Realize how truly blessed & lucky you are!



**18**  Today is the new moon! Set your intention for the next month! Make a little plan to make it happen!

**19**  Go buy a pinwheel at the dollar store. Be a kid again!

**20**  It's the first day of spring, a day for new beginnings! Remember: it's never too late to start again! What will you bloom in?

**21**  Go fly a kite! Kites rise against the wind, not with it. Today remember: no matter what you may be going through, you will rise!

**22** It's National Goof Off Day! Be a major goofball today!



**23** It's DREAM BIG Monday! Follow your dreams!

**24** Until you're ready to look foolish, you will never have the possibility of being great. Be a little out there today.



**25** It's Tea Tuesday! Put some lemon zinger into your life!!



**26** Today, tell your naysayers... "It's not your job to like me. It's mine."



**27** Watch the sunrise. A sunrise does not define itself by yesterday's sunset. Neither should you!



**28** Get ready for April... Buy yourself a bright and fun umbrella!



**29**  Do 10 minutes of visualization today. Close your eyes and picture where you want to be in 10 months.

**30**  It's National Take a Walk in a Park Day! Take a walk on your wild side today!

**31**  Plan an April Fool's joke for tomorrow! (Do it with humor AND kindness!)

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 A.K.A. "That's What I'm F\*\*KING TALKING ABOUT!" Month!  
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