

The "Un-Dead" Your Life 2022 Calendar

For people who have caught on to the idea that life is short.





→ I STUFFED 159 INSPIRING
DOODLES IN HERE FOR YOU!

four
thousand
mondays

01 JAN

LIFE IS SHORT CALENDAR

S	M	T	W	T	F	S
<p>Welcome to 2022... the 20s are, indeed, still roaring!</p>	<p>Oh Jeez. Do you feel it too? Excitement but also... the expectation for 2022 to "BE EPIC"?</p>	<p>Let's not put too much pressure on 2022 (or ourselves) to be perfect, or even perfect-ish.</p>	<p>Let's just commit to living like we mean it, one day at a time... because we know life's all too short.</p>	<p>May we all get to the end of 2022 a) alive (phew), b) full of memories, and c) ready for even more life.</p>	<p></p> <p>1</p> <p>Polar Plunge</p>	
<p>2</p> <p>National Buffet Day</p>	<p>3</p> <p></p> <p>Festival of Sleep Day</p>	<p>4</p> <p>National Trivia Day</p> <p></p>		<p>6</p> <p>National Cuddle Up Day</p>	<p>7</p> <p>National Bobblehead Day</p> <p></p>	<p>Bubble Bath Day</p>
<p>9</p> <p></p> <p>World Nerd Day</p>	<p>10</p> <p>Clean Off Your Desk Day</p>	<p>11</p>	<p>12</p> <p>Make Your Dreams Come True Day</p>	<p>13</p> <p></p>	<p>14</p> <p>Organize Your Home Day</p>	<p>15</p> <p>Strawberry Ice Cream Day</p> <p></p>
<p>16</p> <p></p> <p>Nothing Day</p>	<p>17</p>	<p>18</p>	<p>19</p> <p></p> <p>National Cheese Lover's Day</p>	<p>20</p>	<p>21</p> <p>National Hug Day</p>	<p>22</p>
<p>23</p> <p></p> <p>Handwriting Day</p>	<p>24</p> <p></p> <p>National Compliment Day</p>	<p>25</p> <p>Plan for Vacation Day</p>	<p>26</p> <p>National Spouses Day</p>	<p>27</p> <p></p> <p>Chocolate Cake Day</p>	<p>28</p> <p></p> <p>Puzzle Day (1/29)</p>	<p>29/30/31</p> <p>1/12 of 2022 is Over. Are You Living It Up?</p>

MAR

four
thousand
minds

S



100%

- ☒ YES
- ☒ RIGHT
- ☒ UH-HUH



National
Let's Laugh Day



3



Make Up Your Own Holiday Day

31

1/4 of 2022 is Over.
Are You Living It Up?

MAY

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thousand
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National
Creativity Day (5/30)

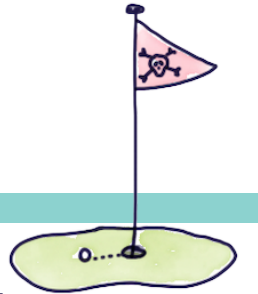
Memorial Day (US)



National Visit Your
Relatives Day



Pizza Party Day + Be a Millionaire Day




National Mini-Golf
Day + National
Decency Day



Sing Out Loud Day

27



Ha

Hamburger Day



31

Reflect back on this month. Think of one moment that felt fun, special or meaningful. How did you make that happen?

LIFE IS SHORT CALENDAR

four
thousand
m^{on}days

S



11

2
Rose
+
e

A simple line drawing of a glass filled with a yellow liquid and two ice cubes. The glass is outlined in black, and the liquid and ice are colored yellow.

A stylized illustration of two vegetables. On the left is a purple rutabaga with green leafy tops. On the right is an orange carrot with green leafy tops. The background is white with a light blue cross-like shape.

A cartoon-style illustration of a picnic basket, a bottle of wine, and a glass on a pink and white checkered blanket. The basket is woven and has a handle. The bottle is red with a white label that says 'VIN'. The glass is a tulip-shaped wine glass. The background is a light blue and white checkered pattern.

21

24

A simple line drawing of a bowl filled with soup, with a spoon resting on the rim. The bowl is shaded to show depth, and the soup has some ripples on its surface.

A simple line drawing of a camera with a large lens and a flash on the side.

Meteor Watch Day

➤ 1/2 Way Thru
2022! Are You
Living It Up?

LIFE IS SHORT CALENDAR

**thousands
minds**

S

International Joke Day



World UFO Day

Independence Day
(USA)



Workaholics Day



World Kissing Day

Tell the Truth Day

9

Sugar
Cookie
Day



National Pina Colada Day



Buy a Slurpee @
7/11 Day

Simplicity Day



Embrace Your Geekness Day



Pandemonium Day

National Give
Something
Away Day

Toss Away the “Should Haves” Day

18

National
Caviar
Day



19



Space
Exploration Day

Junk Food Day



Gorgeous
Grandma Day

Cousins Day


26

Aunt + Uncle Day

Take Your Pants for a Walk Day



Milk Chocolate
Day



30/
31

National
Cheesecake Day (30)

08 AUG

LIFE IS SHORT CALENDAR

S M T W T F S

1

Girlfriends Day



Ice Cream
Sandwich Day

3



4

Single
Working
Womens Day



5

World
Beer Day + Work
Like a
Dog Day

6



7

National
Lighthouse
Day



8

Happiness
Happens Day



Book Lovers Day

10



Lazy Day

11

12

Middle Child Day

14



15



Relaxation Day

16

Tell a Joke Day

17

National I
Love My Feet Day

18



19

World
Humanitarian Day

20

OLD ROCKS!

National Senior
Citizens Day

22



Be an Angel Day

23

24

25

Kiss and
Make Up Day



26

Dog
Appreciation Day

27

28



Bowtie Day

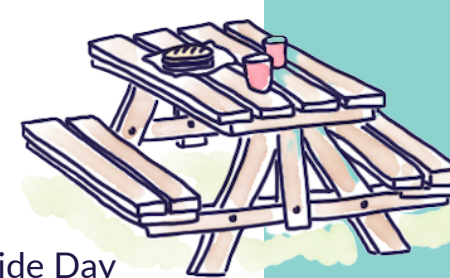
29

30



National
Toasted
Marshmallow Day

31



Eat
Outside Day

10 OCT

LIFE IS SHORT CALENDAR

S M T W T F S



1 International Coffee Day

2

3

4



World Animal Day

5

National Do Something Nice Day



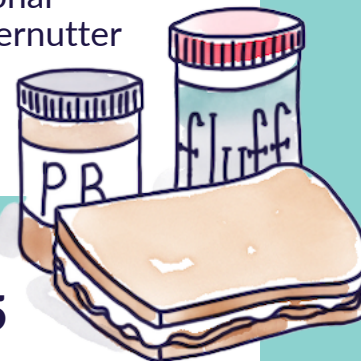
National Plus Size Appreciation Day

7

National Inner Beauty Day

8

National Fluffernutter Day



9



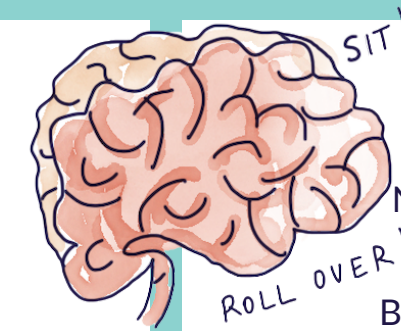
10

National Cake Decorating Day

Canadian Thanksgiving

11

12



National Train Your Brain Day

14

National Dessert Day

15

National Cheese Curd Day

16



Boss's Day

17

18

National Chocolate Cupcake Day



19

20

National Youth Confidence Day

21

National Reptile Appreciation Day



23

Mother-in-Law Day

24

National Bologna Day



26

National Pumpkin Day



27

28

National Cat Day (29th)



29-31

Halloween



11 NOV

LIFE IS SHORT CALENDAR

S M T W T F S



7



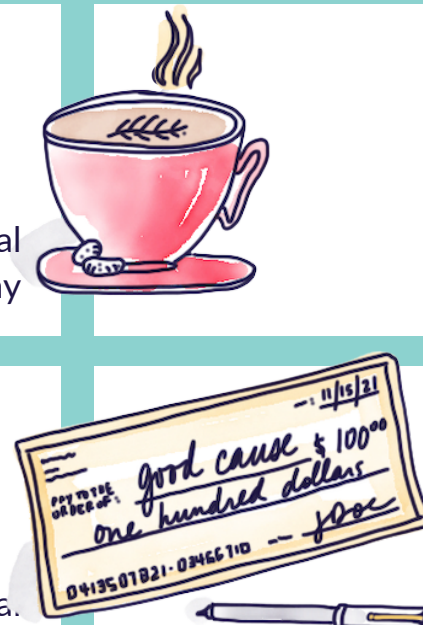
14

15



8

National Cappuccino Day



15

National Philanthropy Day

23

Tie One On Day



30

Stay Home Because You're Well Day

3

10

17

National Take a Hike Day

24

Thanksgiving (US)

4

11

Veterans Day

18

Mickey Mouse's Birthday

25

National Day of Listening

12

National Pizza with the Works Except Anchovies Day

18

National Play Monopoly Day

26



12 DEC

LIFE IS SHORT CALENDAR

S M T W T F S

You're rounding the bend of 2022! Still so much time to stuff in the vitality, the rest... whatever you need. End the year on a high.



1
2
National Fritters Day

3
International Day of Persons with Disabilities



4
Santa's List Day



5
Prohibition Repeal Day



7
Letter Writing Day



8
National Brownie Day



Human Rights Day

11

International Mountain Day

12

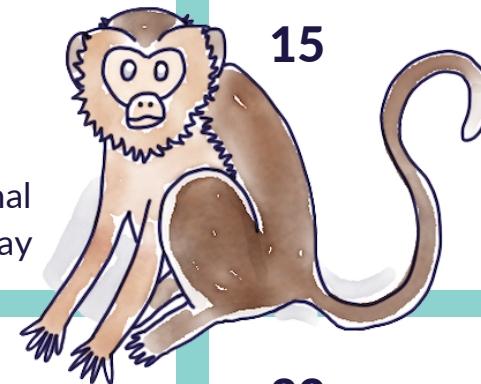
Gingerbread House Day

13

14

International Monkey Day

15



16
Ugly Christmas Sweater Day + Chocolate Covered Anything Day



18



19

National Emo Day

20



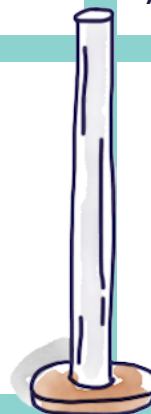
Go Caroling Day

21

1st Day of Winter + Shortest Day of the Year

22

23
Festivus For The Rest Of Us



24

Egg Nog Day



25

Christmas Day

26

28



Card Playing Day

29

30



Bacon Day

31

Make Up Your Mind Day + New Year's Eve

It's the end of the year. So now what?



Hi there! I'm Jodi Wellman.

Come hang around with me at Four Thousand Mondays, where I talk all about how the Grim Reaper can inspire us to live lives that are wider (with vitality) and deeper (with meaning). It's kind of my life purpose.

I will probably publish a 2023 calendar, unless I die between now and then, so get yourself on my mailing list if you want to receive the next one. (This will happen if you visit www.fourthousandmondays.com and subscribe to the blog.)

Feel free to reach out with questions, comments, existential concerns, or doodling tips to info@fourthousandmondays.com.

And here is where I urge you to get out there and live as though you've been warned you won't live forever.
Let's live like we mean it!

