

# The 2023 "Un-Dead" Your Life 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

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S	M	T	W	T	F	S
<p><b>1</b></p>  <p>Polar Plunge</p>	<p><b>2</b></p> <p>National Thank God It's Monday Day</p>	<p><b>3</b></p>  <p>Festival of Sleep Day</p>	<p><b>4</b></p>  <p>National Trivia Day</p>	<p><b>5</b></p>  <p>National Bird Day</p>	<p><b>6</b></p> <p>National Cuddle Up Day</p>	<p><b>7</b></p> <p>I'm Not Going to Take It Anymore Day</p>
 <p>Bubble Bath Day</p>	<p><b>9</b></p>  <p>World Nerd Day</p>	<p><b>10</b></p> <p>National Houseplant Appreciation Day</p>	<p><b>11</b></p> <p>International Thank You Day</p>	<p><b>12</b></p> <p>Work Harder Day</p>	<p><b>13</b></p>  <p>Friday the 13th</p>	<p><b>14</b></p> <p>Organize Your Home Day</p> 
<p><b>15</b></p>  <p>Strawberry Ice Cream Day</p>	<p><b>16</b></p>  <p>Nothing Day</p>	<p><b>17</b></p> <p>Popeye Day</p>	<p><b>18</b></p> <p>Museum Selfie Day</p>	<p><b>19</b></p>  <p>National Cheese Lover's Day</p>	<p><b>20</b></p> <p>Tenderness Toward Existence Day</p>	<p><b>21</b></p> <p>National Hug Day</p> <p>National Squirrel Appreciation Day</p>
<p><b>22</b></p> <p>National Answer Your Cat's Questions Day</p>	<p><b>23</b></p>  <p>Handwriting Day</p>	<p><b>24</b></p>  <p>National Compliment Day</p>	<p><b>25</b></p> <p>National Fish Taco Day</p> <p>Library "Shelfie" Day</p>	<p><b>26</b></p> <p>National Spouses Day</p>	<p><b>27</b></p>  <p>National Chocolate Cake Day</p>	<p><b>28</b></p> <p>National Blueberry Pancake Day</p>
<p><b>29</b></p>  <p>National Puzzle Day</p>	<p><b>30</b></p> <p>National Escape Day</p>	<p><b>31</b></p> <p>Inspire Your Heart With Art Day</p>	<p>May we all get to the end of 2023 a) alive (pew), b) full of memories, and c) ready for even more life.</p>			



02

FEB

LIFE IS SHORT CALENDAR

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F

S

Ah—the month of love. How much do you love (or even like) your life? Try one new thing to fall in love with your life again.

1

National Girls + Women in Sports Day

2

Groundhog Day  
National Tater Tot Day

3



Work Naked Day

4



Eat Ice Cream For Breakfast Day

5

Dump Your Significant Jerk Day

6

National Chopsticks Day

7



Send a Card to a Friend Day

8



Laugh & Get Rich Day

9

National Pizza Day

10

National Flannel Day

11

Make a Friend Day

12

Pork Rind Appreciation Day

13



National Cheddar Day

14



Valentine's Day

15

Singles Awareness Day

16

Do a Grouch a Favor Day



Random Act of Kindness Day

18



National Drink Wine Day

19

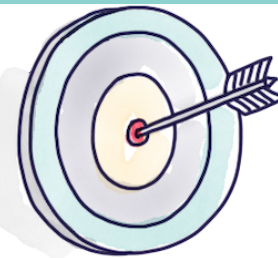
National Justice for Animals Week

20

National Leadership Day

21

Mardi Gras  
Pancake Tuesday



Single Tasking Day

23

Play Tennis Day

24



Tortilla Chip Day

25

Quiet Day



Tell a Fairy Tale Day

27

National Kahlua Day

28



National Floral Design Day

03

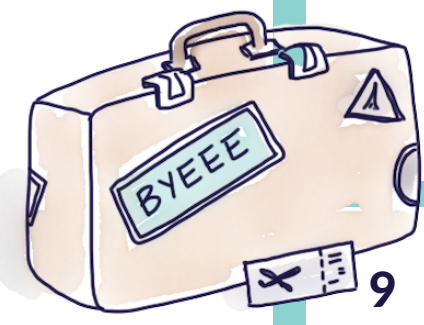
# MAR

LIFE IS SHORT CALENDAR

S M T W T F S

Yeah, we lose an hour but we get a whole new season for a fresh start. Where do you need a spring cleaning in your life?

**1** Plan a Solo Vacation Day



**2** National Read Across America Day

**3** smile  
I Want You To Be Happy Day



**4** TAKE ACTION!  
March Forth and Do Something Day



**5**  
Sea Week



National Oreo Cookie Day

**7**  
Sock Monkey Day

**8** International Women's Day

**9** National Meatball Day

**10**  
International Day of Awesomeness

**11**  
National Funeral Director and Mortician Recognition Day

National Plant a Flower Day  
Daylight Savings Time Starts



National Napping Day



**14** National Learn About Butterflies Day



**15** True Confessions Day

**16** Everything You Do Is Right Day



**17** St. Patrick's Day



**18**  
Awkward Moments Day  
Sloppy Joe Day

**19** National Let's Laugh Day



World Storytelling Day  
1st Day of Spring

**21** Common Courtesy Day



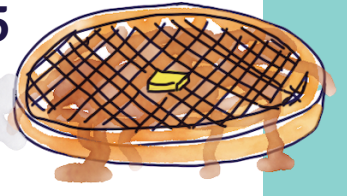
**22** International Goof Off Day  
Talk Like Shakespeare Day

**23** National Puppy Day



**24** International Day for Achievers

**25** Eat a Waffle Day

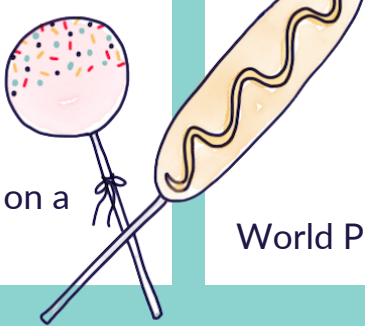


**26** Good Hair Day  
Make Up Your Own Holiday Day

**27** Viagra Day



**28** Something on a Stick Day



World Piano Day

**30** Take a Walk in the Park Day

**31** Dance Marathon Day

1/4 of 2023 is Over. Are You Living It Up?




04

# APR

LIFE IS SHORT CALENDAR

S M T W T F S

It's the 100th day of the year on the 10th. Already! Think about your year so far: are you living like you mean it? What needs to change?


1   
Laugh at Work Week

2  
Explore Your Career Options Week

  
World Party Day

4  
National Chicken Cordon Bleu Day

5  
National Caramel Day  
Self Care Day

6   
National Tartan Day

7  
International Beaver Day  
World Health Day


8  
National Zoo Lovers Day

9  
National Unicorn Day  
Easter Sunday

  
100 Days into 2023

11  
National Pet Day

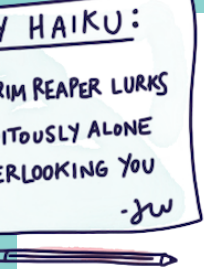
  
National Grilled Cheese Day

13  
  
Scrabble Day

14  
National Gardening Day

  
Record Store Day

16  
National Volunteer Week

  
Haiku Poetry Day


18   
National Exercise Day

19   
Wear Pajamas to Work Day

20  
National High Five Day  


21  
World Creativity + Innovation Day  
National Tea Day

22   
Earth Day

23  
National Take a Chance Day  
World Book Day  


25  
Scream Day

25  
National Lingerie Day

26   
Pretzel Day

28  
Love Your Thighs Day

28  
National Superhero Day

29/30  
International Dance Day/  
Honesty Day

05

# MAY

LIFE IS SHORT CALENDAR

S M T W T F S

**1**  
Mantra Day  
National Meditation Month

**2**  
  
Dying Matters Week

**3**  
  
National Paranormal Day

**4**  
International Respect for Chickens Day

**5**  
  
Cinco de Mayo  
No Pants Day  
National Beverage + Sauvignon Blanc Day

**7**  
National Tourism Week

**8**  
National Give Someone a Cupcake Day

**9**  
National Lost Sock Memorial Day

**10**  
Root Canal Appreciation Day (WTF?!)

**11**  
  
Eat What You Want Day

**12**  
National Limerick Day

**13**  
  
National Mini-Golf Day  
National Apple Pie Day

  
Mother's Day

  
Chocolate Chip Day

  
National Love a Tree Day

**17**  
Pinot Grigio Day

**18**  
National Aperitif Day

  
National Pizza Party Day

**21**  
National Be a Millionaire Day

**21**  
World Baking Day

**22**  
Buy a Musical Instrument Day

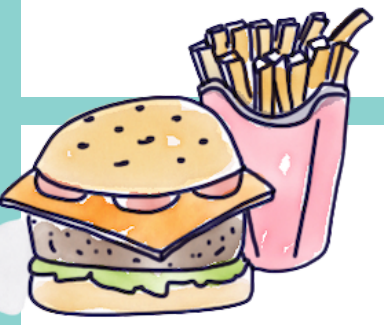
**23**  
National Lucky Penny Day

**24**  
Scavenger Hunt Day

**25**  
National Sing Out Loud Day

**26**  
Buddha Day  
National Paper Airplane Day

  
Sunscreen Protection Day

  
Hamburger Day

**29**  
  
Memorial Day (US)

**30**  
  
National Creativity Day

**31**  
What You Think Upon Grows Day

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



# 06 JUN

LIFE IS SHORT CALENDAR

S M T W T F S

Welcome to your summer of 2023! There will never be another one like this in your life. How do you want these months to be?

1 Say Something Nice Day



2 National Doughnut Day



3 National Bubbly Day



4 National Cancer Survivor's Day  
Hug Your Cat Day

5 Hot Air Balloon Day

6 National Yo-Yo Day

7 National Chocolate Ice Cream Day

8 Best Friends Day



9 National Sex Day

10 National Rosé Day

11 National Making Life Beautiful Day



Red Rose Day



National Call Your Doctor Day

14 Bourbon Day



15 Nature Photography Day



16 National Take Back the Lunch Break Day



17 National Eat Your Veggies Day

18 Father's Day  
International Picnic Day



Bourdain Day

19 Juneteenth  
National Martini Day

20 World Productivity Day



21 1st Day of Summer + Longest Day of the Year

22 National Kissing Day

23 Hydration Day



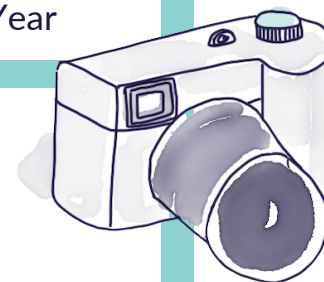
24 National Summersgiving Day

26 Chocolate Pudding Day



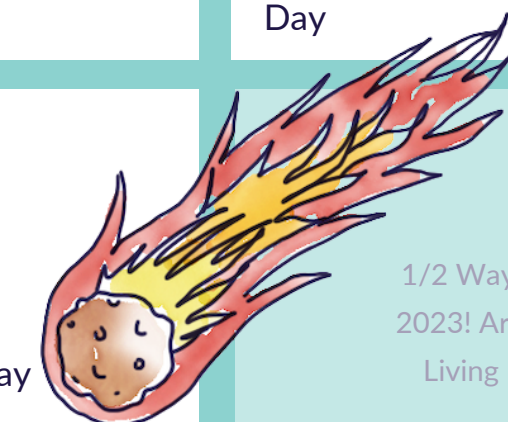
27 National Bingo Day

28 National Day of Joy



National Camera Day

30 Meteor Watch Day



1/2 Way Thru 2023! Are You Living It Up?

# 07 JUL

LIFE IS SHORT CALENDAR

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S	M	T	W	T	F	S
<b>1/2</b> <p>World UFO Day</p>	<b>3</b> <p>Compliment Your Mirror Day</p>	<b>4</b> <p>Independence Day (USA) Caesar Salad Day</p>	<p>Workaholics Day</p>	<b>6</b> <p>World Kissing Day</p>	<b>7</b> <p>Tell the Truth Day National Dive Bar Day</p>	<b>8</b> <p>International Skinny Dip Day</p>
<b>9</b> <p>National Sugar Cookie Day</p>	<p>National Pina Colada Day</p>	<b>11</b> <p>Buy a Slurpee Day @ 7/11</p>	<b>12</b> <p>Simplicity Day</p>	<b>13</b> <p>Embrace Your Geekness Day</p>	<b>14</b> <p>Pandemonium Day National Nude Day</p>	<b>15</b> <p>National Give Something Away Day</p>
<b>16</b> <p>Everybody Deserves a Massage Week</p>	<b>17</b> <p>National Tattoo Day National Lottery Day</p>	<b>18</b> <p>National Caviar Day</p>	<b>19</b> <p>National Urban Beekeeping Day</p>	<p>Space Exploration Day</p>	<p>Junk Food Day</p>	<b>22</b> <p>Toss Away the "Should Haves" Day</p>
<b>23</b> <p>Gorgeous Grandma Day PB + Chocolate Day</p>	<b>24</b> <p>International Self Care Day</p>	<b>25</b> <p>National Wine + Cheese Day</p>	<b>26</b> <p>National Aunt + Uncle Day</p> <p>Take Your Pants for a Walk Day</p>	<b>28</b> <p>National Soccer Day Milk Chocolate Day</p>	<b>29</b> <p>National Chicken Wing Day</p>	
<p>National Cheesecake Day</p>	<b>31</b> <p>Uncommon Instrument Awareness Day</p>					





09

# SEPT

LIFE IS SHORT CALENDAR


S M T W T F S

It's the start of a new season— another chance to start anew. What inspires you to add more vitality into your life this fall?

**1**  
Better Breakfast Month

**2**  
National Live Fearless Day

**3**  
National Doodle Day



**Labor Day**  
Eat an Extra Dessert Day



**5**  
National Cheese Pizza Day



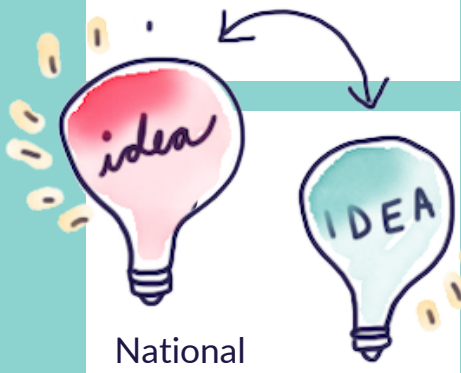
**6**  
Fight Procrastination Day

**7**  
National Feel the Love Day  
National Salami Day

**8**  
National Ampersand Day



**9**  
National Teddy Bear Day

**National Swap Ideas Day**

**11**  
National Boss/ Employee Exchange Day

**12**  
National Encouragement Day

**13**  
Positive Thinking Day



**National Live Creative Day**



**15**  
National Online Learning Day

**National CleanUp Day**



**17**  
National Monte Cristo Day

**18**  
Locate an Old Friend Day

**National Talk Like a Pirate Day**



**20**  
National String Cheese Day

**21**  
International Day of Peace

**Last 100 Days of 2023**



**23**  
1st Day of Fall

**24**  
National Punctuation Day ;,,:"

**25**  
National Cooking Day  
Quesadilla Day

**26**  
National Family Day



**27**  
National Corned Beef Hash Day

**28**  
National Good Neighbor Day

**World Heart Day**



**30**  
National Ghost Hunting Day







# 11 NOV

S M T W T F S

LIFE IS SHORT CALENDAR

			1 World Vegan Day	2 Day of the Dead	3 Give Someone a Dollar Day	4 National Candy Day
5 Daylight Savings Time Ends	6 National Nachos Day 	7 Hug a Bear Day	8 National Cappuccino Day 	9 World Freedom Day	10 Sesame Street Day	11 Veterans Day
12 National Pizza with the Works Except Anchovies Day	13 World Kindness Day 	14 National Pickle Day 	15 National Philanthropy Day 	16 Clarinet Day	17 National Take a Hike Day	18 Mickey Mouse's Birthday
19 National Play Monopoly Day 	20 National Absurdity Day 	21 World Hello Day 	22 Tie One On Day 	23 Thanksgiving (US)	24 National Day of Listening 	25 Small Business Saturday
26 National Anti-Obesity Day National Cake Day	27 Turtle Adoption Day	28 National French Toast Day 	29 Throw Out Your Leftovers Day	30 National Stay at Home Because You're Well Day		



# 12 DEC

LIFE IS SHORT CALENDAR

S M T W T F S

3

International Day of Persons with Disabilities



17

National Maple Syrup Day

24

Egg Nog Day



4

Santa's List Day



11

Holiday Food Drive for the Needy Animals Day

18

National Crime Junkie Day

25

Christmas Day

5

Prohibition Repeal Day



12

Gingerbread House Day

19

National Oatmeal Muffin Day

26

National Thank You Note Day

7



Letter Writing Day

13

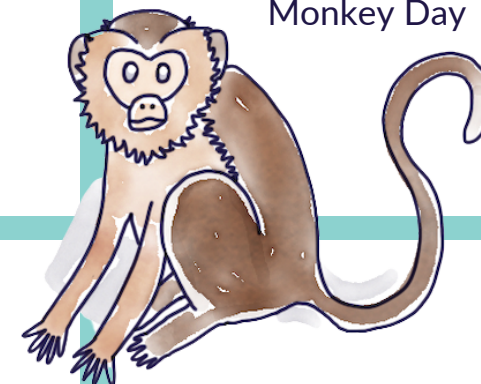
National Cream Cheese Frosting Day

27

Visit the Zoo Day

14

International Monkey Day



1st Day of Winter Shortest Day of the Year

Card Playing Day

You're rounding the bend of 2023! Still so much time to stuff in the vitality, the rest... whatever you need. End the year on a high.

1

Eat a Red Apple Day

8

National Brownie Day

15

Tea Day

22

National Short Person Day

29

Still Need To Do Day

YES, THIS IS A FRITTER.

National Fritters Day



National Pastry Day



Ugly Christmas Sweater Day

23

Festus For The Rest Of Us



Bacon Day (30)  
New Year's Eve (31)

# 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 2024 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](http://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](mailto: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!

