

# The 2024 "Un-Dead" Your Life Calendar

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



→ I STUFFED A TON OF  
HAND-DRAWN DOODLES  
IN HERE FOR YOU!

**four**  
**thousand**  
**mondays**



# 02 FEB

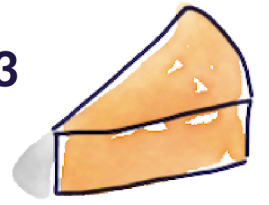
LIFE IS SHORT CALENDAR

S M T W T 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 Freedom Day	2 Work Naked Day National Tater Tot Day	3 Eat Ice Cream For Breakfast Day
4 National Thank a Mail Carrier Day Stuffed Mushroom Day	5 Chocolate Fondue Day	6 National Chopsticks Day	7 Send a Card to a Friend Day	8 Laugh & Get Rich Day	9 National Pizza Day	10 Lunar New Year	
11 Make a Friend Day Superbowl Sunday	12 Clean Out Your Computer Day	13 National Cheddar Day	14 Valentine's Day	15 Singles Awareness Day	16 Do a Grouch a Favor Day	17 Random Act of Kindness Day	
18 National Drink Wine Day	19 International Tug of War Day Chocolate Mint Day	20 National Love Your Pet Day	21 National Sticky Bun Day	22 Single Tasking Day	23 National Banana Bread Day	24 Tortilla Chip Day	
25 National Clam Chowder Day	26 Tell a Fairy Tale Day	27 National Kahlua Day	28 National Floral Design Day	29 Leap Day!!!			















08

# AUG

LIFE IS SHORT CALENDAR

S M T W T F S

					1  National Girlfriends Day	2  Ice Cream Sandwich Day World Beer Day	3 National Watermelon Day
4  Single Working Women's Day	 EMPLOYEE of the MONTH Work Like a Dog Day	6 National Root Beer Float Day	7  National Lighthouse Day	8 National Pickleball Day	9  Book Lover's Day	10  TO DO: <input checked="" type="checkbox"/> ZILCH <input checked="" type="checkbox"/> NADA <input checked="" type="checkbox"/> NOTHIN Lazy Day	
11 Play in the Sand Day 	12 World Elephant Day	13 International Lefthanders Day 	15 Relaxation Day 	16 National Roller Coaster Day National Bratwurst Day	17 National I Love My Feet Day 		
18 National Fajita Day Pinot Noir Day	19 World Humanitarian Day	20 National Chocolate Pecan Pie Day 	22 Be an Angel Day National Burger Day 	23 Ride the Wind Day National Waffle Day 			
25 Kiss and Make Up Day 	26 Dog Appreciation Day	27 Individual Rights Day Chop Suey Day	28 Bowtie Day 	29 Chop Suey Day Thoughtful Thursday	30 National Toasted Marshmallow Day 	31 Eat Outside Day 	

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# SEPT

LIFE IS SHORT CALENDAR

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four thousand mondays

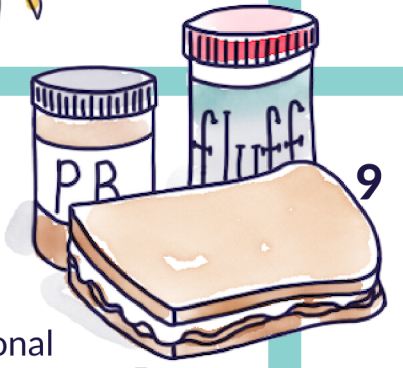
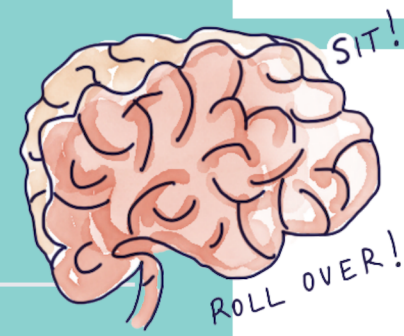
S M T W T F S

 <p><b>1</b> World Letter Writing Day</p>	<p><b>2</b> Labor Day National Live Fearless Day</p>	<p><b>3</b> Skyscraper Day National Baby Back Ribs Day</p>	 <p><b>4</b> Eat an Extra Dessert Day</p>	 <p><b>5</b> National Cheese Pizza Day</p>	<p><b>6</b> Fight Procrastination Day Read a Book Day</p>	<p><b>7</b> National Feel the Love Day Hummingbird Day</p>
 <p><b>8</b> National Ampersand Day</p>	 <p><b>9</b> National Teddy Bear Day</p>	<p><b>10</b> National Swap Ideas Day</p>	 <p><b>11</b> "I Want to Start My Own Business" Day</p>	<p><b>12</b> National Encouragement Day</p>	<p><b>13</b> Positive Thinking Day Doodle Day</p>	 <p><b>14</b> National Live Creative Day</p>
<p><b>15</b> Wife Appreciation Day Online Learning Day</p>	<p><b>16</b> National Guacamole Day</p>	<p><b>17</b> National Monte Cristo Day</p>	<p><b>18</b> National Respect Day Red Velvet Cake Day</p>	 <p><b>19</b> National Talk Like a Pirate Day</p>	<p><b>20</b> 1st Day of Fall</p>	 <p><b>21</b> National CleanUp Day Last 100 Days</p>
<p><b>22</b> National Centenarian's Day</p>	 <p><b>23</b> National Family Day</p>	<p><b>24</b> National Punctuation Day ;,:."</p>	<p><b>25</b> National Cooking Day World Dream Day</p>	<p><b>26</b> National Better Breakfast Day</p>	 <p><b>27</b> National Corned Beef Hash Day</p>	 <p><b>28</b> National Ghost Hunting Day</p>
 <p><b>29</b> World Heart Day</p>	<p><b>30</b> National Punctuation Day ;,:."</p>	<p>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?</p>				

# 10 OCT

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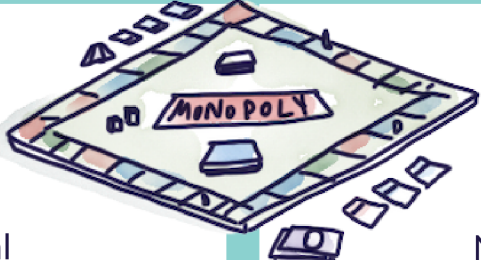




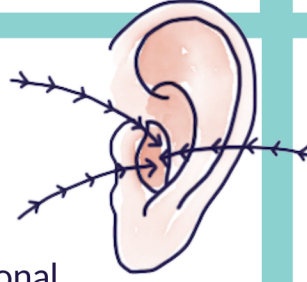
		1 National Fruit at Work Day International Coffee Day	2 Random Acts of Poetry Day	3 Global Smoothie Day	4 World Animal Day	5 National Do Something Nice Day
7 National Plus Size Appreciation Day	8 National Inner Beauty Day	9 National Fluffernutter Day	10 National Cake Decorating Day	11 National Pet Obesity Awareness Day	12 National Coming Out Day	13 National Gumbo Day
14 National Train Your Brain Day	15 National Dessert Day	16 National Cheese Curd Day	17 Boss's Day	18 Wear Something Gaudy Day	19 National Chocolate Cupcake Day	20 Evaluate Your Life Day
21 International Sloth Day World Statistics Day	22 National Reptile Day	23 National Nut Day	24 National Boston Cream Pie Day	25 National Bologna Day	26 Sourest Day	27 Make a Difference Day
28 National Mentoring Day Mother-in-Law Day	29 Plush Animal Lover's Day	30 National Cat Day	31 National Text Your Ex Day	Halloween		



# 11 NOV

S M T W T F S

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<p>3</p>  <p>Daylight Savings Time Ends</p>	<p>4</p> <p>National Candy Day</p>	<p>5</p> <p>National Chinese Takeout Day</p>	 <p>6</p> <p>National Nachos Day</p>	<p>7</p> <p>Hug a Bear Day</p>	 <p>8</p> <p>National Cappuccino Day</p>	 <p>9</p> <p>Day of the Dead</p>
<p>10</p> <p>Sesame Street Day</p>	<p>11</p> <p>Veterans Day</p>	<p>12</p> <p>National Pizza with the Works Except Anchovies Day</p>	 <p>13</p> <p>World Kindness Day</p>	<p>14</p>  <p>National Pickle Day</p>	<p>15</p> <p>National Philanthropy Day</p>	 <p>Mickey Mouse's Birthday</p>
<p>17</p> <p>National Take a Hike Day</p>	<p>18</p>  <p>National Princess Day</p>	<p>National Play Monopoly Day</p>	<p>20</p> <p>National Absurdity Day</p>	 <p>World Hello Day</p>	 <p>Go for a Ride Day</p>	<p>23</p> <p>Family Volunteer Day</p> <p>Cashew Day</p>
<p>24</p> <p>Celebrate Your Unique Talent Day</p> <p>Sardines Day</p>	<p>25</p> <p>National "Eat with a Friend" Day</p>	<p>26</p> <p>National Anti-Obesity Day</p> <p>National Cake Day</p>	 <p>Tie One On Day</p>	<p>28</p>  <p>National French Toast Day</p>	<p>29</p>  <p>National Day of Listening</p>	<p>30</p> <p>Small Business Saturday</p>



# 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 calendar next year, too, 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 my blog. Voila!)

Feel free to reach out with questions, comments, existential concerns, or doodling ideas to [jodi@fourthousandmondays.com](mailto:jodi@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!

