

The 2025 Un-Dead Your Life Calendar



→ 365 DAYS OF
UNBRIDLED ALIVENESS!

four
thousand
mondays

01 JAN

LIFE IS SHORT CALENDAR

S M T W T F S


1

Polar Plunge

2
Science Fiction Day

3

Festival of Sleep Day

4
National Trivia Day


5

National Bird Day

6
National Cuddle Up Day
National Thank God It's Monday Day

7
National Bobblehead Day

8
Bubble Bath Day


9

World Nerd Day

10
National Houseplant Appreciation Day

11
Learn Your Name in Morse Code Day
-- / --- / - . / ..

12
National Curried Chicken Day

13
Make Your Dreams Come True Day

14

National Organize Your Home Day

15
Strawberry Ice Cream Day


16
Nothing Day
- - -

17
National Ditch New Year's Resolutions Day

18
National Thesaurus Day

19


National Popcorn Day

20

National Cheese Lover's Day

21
National Squirrel Appreciation Day

22
Celebration of Life Day

23

Handwriting Day

24

National Compliment Day

25
National Irish Coffee Day
National Fish Taco Day

26

National Green Juice Day

27
National Chocolate Cake Day

28
National Lego Day

29

National Puzzle Day

30
Croissant Day

31
National Hot Chocolate Day

May we all get to the end of 2025 a) alive (phew), b) full of memories, and c) ready for even more life.

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 Get Up Day



2
National Tater Tot Day

3
National Carrot Cake Day

4
National Thank a Mail Carrier Day
Stuffed Mushroom Day

5
Chocolate Fondue Day

6
National Chopsticks Day



Work Naked Day
Send a Card to a Friend Day

8
Laugh & Get Rich Day

9
Superbowl Sunday
National Pizza Day



Clean Out Your Computer Day

11
Promise Day

12
Hug 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

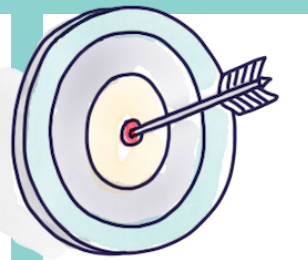


18
Ice Cream For Breakfast Day
National Drink Wine Day

19
International Tug of War Day
Chocolate Mint Day

20
National Love Your Pet Day

21
Card Reading Day



Single Tasking Day

23
National Banana Bread Day



24
Tortilla Chip Day



25
National Clam Chowder Day



Tell a Fairy Tale Day

27
National Kahlua Day

28
National Pancake Day
National Floral Design Day



03

MAR

LIFE IS SHORT CALENDAR



1st: Plan a Solo Vacation Day

3



I Want You To Be Happy Day

4



March Forth and Do Something Day

5

National Cheese Doodle Day

6



National Oreo Cookie Day

7

National Day of Unplugging

8

International Women's Day
International Fanny Pack Day

9

Daylight Savings Time Starts



National Napping Day

11

Dream Day

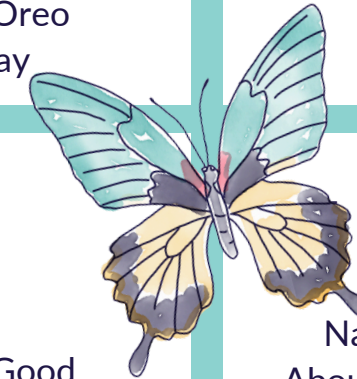
12



National Plant a Flower Day

13

National Good Samaritan Day



Pi Day
National Learn About Butterflies Day

15

True Confessions Day



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

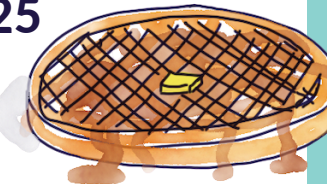
23

National Tamale Day

24

Chocolate Covered Raisin Day

25



Eat a Waffle Day

26

Make Up Your Own Holiday Day

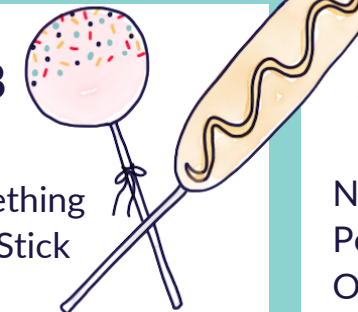


27

Viagra Day

28

Something on a Stick Day



29

National Mom and Pop Business Owners Day

31

Dance Marathon Day

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?



Take a Walk in the Park Day

04

APR

LIFE IS SHORT CALENDAR



S M T W T F S

		 1 International Fun at Work Day April Fool's Day	2 National Peanut Butter and Jelly Day	 3 World Party Day	4 World Rat Day International Carrot Day	5 International Pillow Fight Day
6 National Tartan Day 	7 International Beaver Day World Health Day	8 International Feng Shui Awareness Day	9 National Name Yourself Day	 10 100 Days into 2025	11 National Pet Day Record Store Day National Grilled Cheese Day 	
 12 Scrabble Day	13 National Gardening Day National Dolphin Day	14 National Glazed Spiral Ham Day	 15 Wear Pajamas to Work Day	16 National High Five Day 	 17 Haiku Poetry Day National Bicycle Day 	
18 Go Fly a Kite Day	19 International Creativity and Innovation Day	 20 Earth Day	 21 Admin Professionals Day World Book Day	22 Love Your Thighs Day National Pigs-in-a-Blanket Day	23 National Mani/ Pedi Day Pretzel Day 	
24 National Tell a Story Day	25 National Superhero Day	26 International Dance Day	27 Honesty Day	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?		

05

MAY

LIFE IS SHORT CALENDAR

S M T W T F S

					1 National Salad Day National Chocolate Parfait Day	2 International Scurvy Awareness Day	3 National Paranormal Day 
4 International Respect for Chickens Day	5 Cinco de Mayo 	6 National Beverage + Sauvignon Blanc Day 	7 National Roast Leg of Lamb Day Cosmopolitan Day	8 National Give Someone a Cupcake Day 	9 Lost Sock Memorial Day	10 National Mini-Golf Day 	
 Mother's Day	12 Limerick Day	13 National Apple Pie Day	14 National Decency Day 	15 Chocolate Chip Day 	National Pizza Party Day National Love a Tree Day 	World Whiskey Day	
18 World Baking Day International Museum Day	19 World Fiddle Day 	National Be a Millionaire Day	21 International Tea Day	22 Buy a Musical Instrument Day	23 World Turtle Day	24 Scavenger Hunt Day 	
25 National Wine Day	Memorial Day (US) 	27 National Grape Popsicle Day	Hamburger Day 	29 International Coq Au Vin Day	National Creativity Day 	31 National Meditation Day 	

07 JUL

LIFE IS SHORT CALENDAR

S

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1

International
Joke Day

2

World UFO Day

3

Compliment
Your
Mirror Day

4

Caesar Salad Day



Workaholics Day

6



World Kissing Day

7

National
Dive Bar Day

8

Cow
Appreciation Day

9

Fashion Day



National
Pina Colada
Day

11

Buy a
Slurpee Day @
7/11

12



Simplicity Day

13



Embrace Your
Geekness Day

14

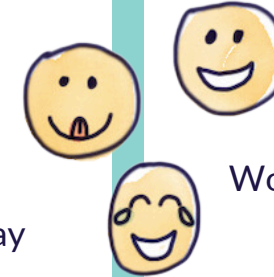
Pandemonium Day
National Mac +
Cheese Day

15

National Give
Something
Away Day

16

Cherry Day
National
Corn Fritter Day



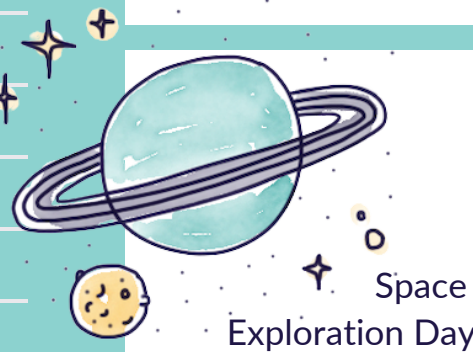
World Emoji Day



National
Caviar
Day

19

Toss Away the
“Should Haves”
Day



Space
Exploration Day

21

National
Junk Food Day



Milk Chocolate
Day

22

National
Hammock Day

23

PB + Chocolate Day



National
Tequila Day

25

National
Wine + Cheese
Day

26

Uncle and
Aunt Day

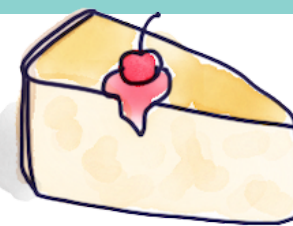
27

Take Your
Pants for a
Walk Day



29

Lasagna Day
International Tiger
Day



National
Cheesecake Day

31

Uncommon
Instrument
Awareness Day

08

AUG

LIFE IS SHORT CALENDAR

S

M

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S

3
National
Friendship Day



Lazy Day

4
BOSS LADY
Single Working
Women's Day



Work
Like a Dog Day

6
National Root
Beer Float Day



7
National
Lighthouse
Day

1
World Beer Day



2
Ice Cream
Sandwich Day



8
Global
Sleep Under
the Stars Day

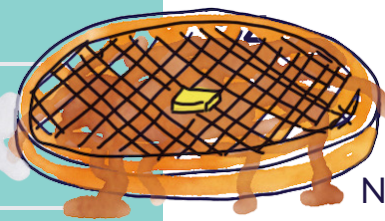


Book Lover's Day

17
National I
Love My
Feet Day



National
Waffle Day



18
National
Fajita Day
Pinot Noir Day



Play in
the
Sand
Day

19
World
Humanitarian Day

25
Kiss and
Make Up Day



26
Dog
Appreciation Day

20
National
Chocolate Pecan
Pie Day



27
World
Rock Paper
Scissors Day

National Senior
Citizens Day

28
Bowtie Day



22
Be an
Angel Day

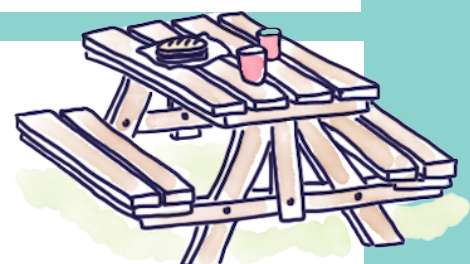


23
Ride Like
the Wind Day

29
30: National
Toasted
Marshmallow Day



**31: Eat
Outside Day**



09

SEPT

LIFE IS SHORT CALENDAR



Handwriting practice lines consisting of horizontal lines on a teal background.

four thousand mondays

S M T W T F S



1
Labor Day
World Letter Writing Day

2
National Grits for Breakfast Day

3
National Baby Back Ribs Day



Eat an Extra Dessert Day



5
National Cheese Pizza Day

6
Fight Procrastination Day
Read a Book Day

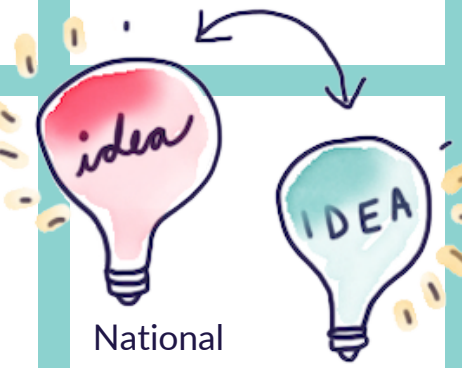
7
National Salami Day



8
National Ampersand Day



National Teddy Bear Day



National Swap Ideas Day

11
"I Want to Start My Own Business" Day

12
National Encouragement Day

13
Positive Thinking Day



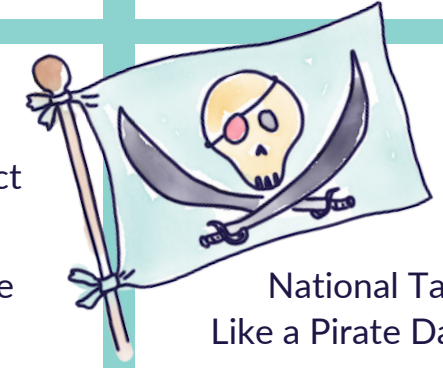
National Live Creative Day

15
National Online Learning Day

16
National Guacamole Day

17
National Monte Cristo Day

18
National Respect Day
Red Velvet Cake Day



National Talk Like a Pirate Day



National CleanUp Day

21
World Gratitude Day



Last 100 Days of 2025
1st Day of Fall



22nd: National Family Day

24
National Brave Day

25
National Cooking Day
World Dream Day

26
National Love Note Day

27
National Ghost Hunting Day



28
National Neighbor Day



29
World Heart Day

30
National Love People Day

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?

10 OCT

LIFE IS SHORT CALENDAR

S M T W T F S



1
International Coffee Day
Random Acts of Poetry Day

2
National Name Your Car Day

3
World Smile Day



4
World Animal Day

5
National Do Something Nice Day

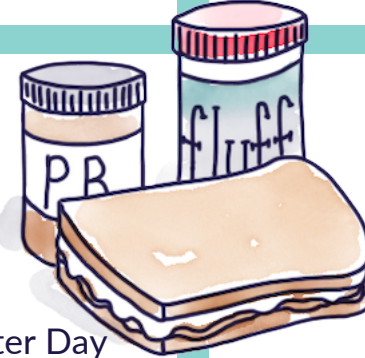


National Plus Size Appreciation Day

7
National Fruit at Work Day



8
National Fluffernutter Day



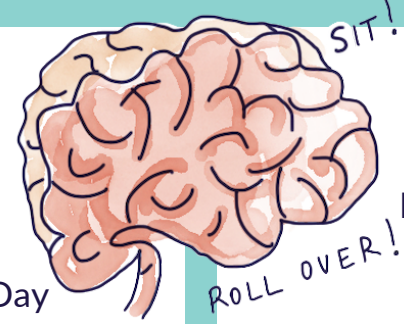
National Sneakers Day



National Cake Decorating Day

11
World Hospice and Palliative Care Day

12
National Farmer's Day



National Train Your Brain Day

14
National Dessert Day

15
National Cheese Curd Day

16
Boss's Day



17
Wear Something Gaudy Day

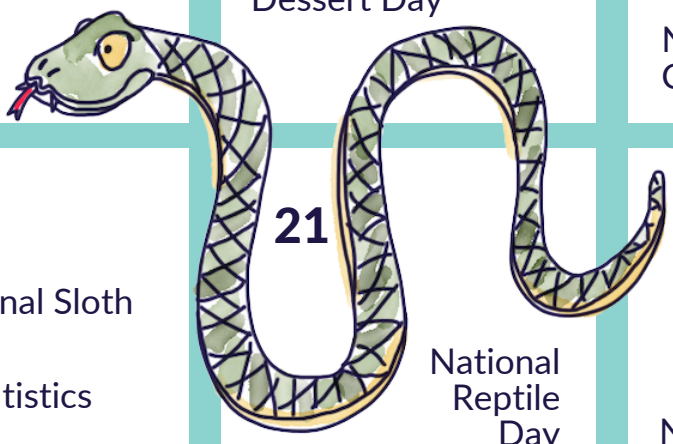
18
National Chocolate Cupcake Day



19
Evaluate Your Life Day

20
International Sloth Day
World Statistics Day

21
National Reptile Day



22
National Nut Day

23
National Boston Cream Pie Day



National Bologna Day

25
Sourest Day
Make a Difference Day



National Pumpkin Day

27
National Mentoring Day

28
World Thrift Day
Plush Animal Lover's Day



29
National Cat Day

30
National Text Your Ex Day

30
Halloween



11 NOV

LIFE IS SHORT CALENDAR

S M T W T F S



2

Day of the Dead
Daylight Savings
Time Ends

3



National
Sandwich
Day

4

National Candy
Day

5



National Chinese
Takeout Day

National
Nachos Day

7

Hug a Bear Day



National
Cappuccino Day

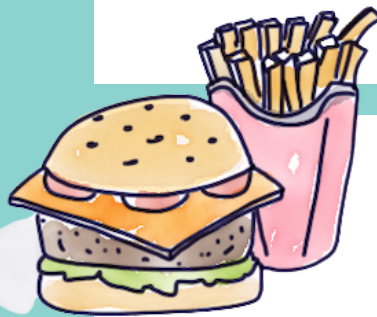


1

World
Vegan Day
Day of the Dead

9

World
Freedom Day



National
Fast Food Day

10

Sesame Street Day

11

National
Sundae Day
Origami Day

12

National
Pizza with
the Works Except
Anchovies Day



World
Kindness Day

14

National
Pickle Day



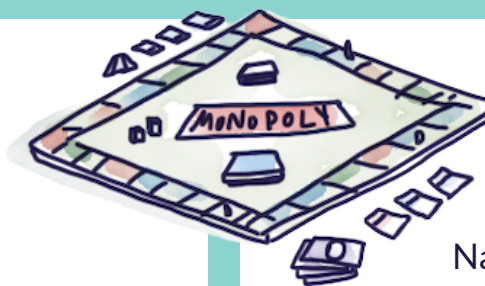
National
Philanthropy Day

17

National
Take a Hike Day

18

National
Princess Day



National
Play Monopoly Day

20

National
Absurdity
Day



World
Hello Day



Go for a
Ride Day

23

Eat a Cranberry
Day
Cashew Day

24

Celebrate Your
Unique Talent Day
Sardines Day

25

National
"Eat with a Friend"
Day

26

National Anti-
Obesity Day
National Cake Day

27

Thanksgiving (US)



National
French
Toast Day

29/30

29: Small Business
Saturday
30: Personal Space
Day

12 DEC

LIFE IS SHORT CALENDAR

S	M	T	W	T	F	S
<p>You're rounding the bend of 2025! Still so much time to stuff in the vitality, the rest... whatever you need. End the year on a high.</p>	<p>1 Eat a Red Apple Day</p>	<p>2 YES, THIS IS A FRITTER. National Fritters Day</p> 	<p>3 International Day of Persons with Disabilities</p>	<p>4 Santa's List Day</p> 	<p>5 Prohibition Repeal Day</p> 	<p>6 National Gazpacho Day</p>
<p>7 National Cotton Candy Day</p> 	<p>8 National Brownie Day</p> 	<p>9 National Pastry Day</p>	<p>10 Human Rights Day</p> 	<p>11 International Mountain Day</p>	<p>12 Gingerbread House Day</p>	<p>13 National Cream Cheese Frosting Day</p>
<p>14 International Monkey Day</p> 	<p>15 Wear Your Pearls Day</p>	<p>16 National Chocolate Covered Anything Day</p> 	<p>17 National Maple Syrup Day</p>	<p>18 National Roast Suckling Pig Day</p> 	<p>19 Ugly Christmas Sweater Day</p>	<p>20 International Human Solidarity Day</p>
<p>21 1st Day of Winter Shortest Day of the Year</p>	<p>22 National Short Person Day Cookie Exchange Day</p>	<p>23 Festivus For The Rest Of Us</p>	<p>24 Egg Nog Day</p> 	<p>25 National "Kiss the Cook" Day</p>	<p>26 National Thank You Note Day</p>	<p>27 Visit the Zoo Day</p>
<p>28 Card Playing Day</p> 	<p>29 National "Get on the Scales" Day</p>	<p>30 Bacon Day</p> 	<p>31 New Year's Eve</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 and subscribe to my blog. Voila!)

Feel free to reach out with questions, comments, existential concerns, or doodling ideas to 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!

four
thousand
mondays