

# The 2026 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



National Trivia Day

5

National Bird Day  
National Thank God It's Monday Day



6

National Cuddle Up Day

7

National Bobblehead Day



Polar Plunge

8

Bubble Bath Day



9

World Nerd Day



10

National Houseplant Appreciation Day



Festival of Sleep Day

11

Learn Your Name in Morse Code Day

.-.-.- / -.-.- / -... / ...

12

National Curried Chicken Day



18

National Thesaurus Day

13

Make Your Dreams Come True Day



National Organize Your Home Day

15

Strawberry Ice Cream Day



16

Nothing Day



17

National Ditch New Year's Resolutions Day

21

National Squirrel Appreciation Day



National Cheese Lover's 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  
Bubblewrap Appreciation Day



National Chocolate Cake Day

28

National Lego Day

29

National Puzzle Day



30

Croissant Day

31

National Hot Chocolate Day





# FEB

four  
thousand  
m<sub>and</sub>ays

four  
thousand  
minds

1

National  
Get Up Day



Laugh & Get  
Rich Day

Superbowl Sunday

**15**

Singles  
Awareness Day



Single Tasking Day

2

Groundhog Day  
National  
Tater Tot Day

9

Clean  
Out  
Your  
Computer Day

A simple line drawing of a laptop. The screen is yellow and displays the letters 'SOS' in a large, black, sans-serif font. The keyboard is represented by a grid of lines, and there is a single rectangular button for the trackpad. The laptop is shown from a slightly elevated front angle.

**16**

National Almond Day



23



National Banana Bread Day

3

National Carrot  
Cake Day

10

Teddy  
Day

To: You!



Random Act of Kindness Day

24



Tortilla Chip Day

**4**

National Thank a  
Mail Carrier Day  
Stuffed Mushroom  
Day

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**11**

Promise Day  
National Inventor's  
Day



National  
Drink Wine Day

25

National Clam Chowder Day



5



Chocolate Fondue Day

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12



Hug Day

**19**

International  
Tug of War Day

Chocolate Mint Day



Once upon a time...

Tell a Fairy Tale Day

**13**

Work Naked Day  
Chopsticks Day

National Cheddar Day

20

National Love  
Your Pet Day

27

National  
Kahlua Day

7 Send a Card to a Friend Day


Ice Cream For Breakfast Day

14 Valentine's Day

LET'S DO IT

21

National  
Sticky Bun Day



**28**  
National  
Pancake Day  
National Floral  
Design Day



# 03 MAR

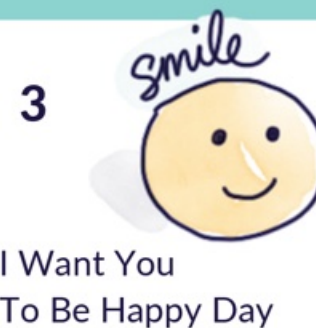
LIFE IS SHORT CALENDAR

four  
thousand  
mondays



Plan a  
Solo Vacation Day

2  
National Banana  
Cream Pie Day  
National  
Old Stuff Day



3  
I Want You  
To Be Happy Day



4  
March Forth and  
Do Something Day

5  
National Cheese  
Doodle Day



National Oreo  
Cookie Day



National  
Cereal Day  
National Day of  
Unplugging

8  
International  
Women's Day  
Daylight Savings  
Time Starts



National  
Napping Day

10  
National Park Your  
Lunch Day

11  
National  
Dream Day



National  
Plant a  
Flower Day

13  
National  
Good  
Samaritan Day



14  
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

30  
Take  
a Walk  
in the  
Park 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?







05

MAY

LIFE IS SHORT CALENDAR

S

M

T

W

T

F

S

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

1

Global Love Day  
National Chocolate Parfait Day



2

International Scurvy Awareness Day



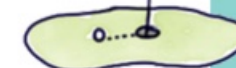
8

National Give Someone a Cupcake Day



9

National Mini-Golf Day



Mother's Day

11

National Eat What You Want Day

12

National Limerick Day

13

National Apple Pie Day

14

Dance Like a Chicken Day



National Pizza Party Day  
Chocolate Chip Day

16

National Love a Tree Day



17

World Baking Day

18

International Museum Day

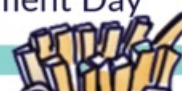
19

National Roadie Day  
Plan Something Day



21

Buy a Musical Instrument Day



22

International Tea Day

23

World Turtle Day

24

Scavenger Hunt Day



25

National Wine Day  
Memorial Day (US)



26

National Paper Airplane Day

27

National Grape Popsicle Day



Hamburger Day

29

International Coq Au Vin Day

30/31

30: National Creativity Day



four thousand  
mondays



# 06 JUN

LIFE IS SHORT CALENDAR

four  
thousand  
mondays

S

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S



Say Something  
Nice Day

2

National Leave the  
Office Early Day

3

World Bicycle Day



Hug Your Cat Day



National  
Doughnut Day

6

National  
Bubbly Day



7

National Chocolate  
Ice Cream Day  
National VCR Day

8



Best Friends Day

9



National Call  
Your Doctor Day

10

National  
Egg Roll Day

11

National Corn  
on the Cob Day

12



Red  
Rose Day

13

National  
Kitchen Klutzes of  
America Day

14



Bourbon  
Day



Nature  
Photography Day

16

National  
Fudge Day



National  
Eat Your  
Veggies Day



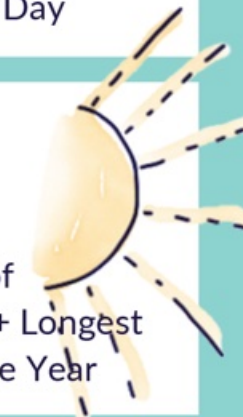
International  
Picnic Day

19

Juneteenth  
National  
Martini Day

20

1st Day of  
Summer + Longest  
Day of the Year



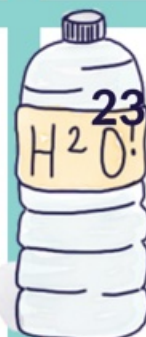
21

Father's Day  
Go Skateboarding  
Day

22

National  
Onion Ring Day

23



Hydration  
Day

24

National Day of  
Joy  
Swim a Lap Day

25

Please Take My  
Children to Work  
Day



Chocolate  
Pudding Day

27

Bartender +  
Mixologists Day  
Global Smurfs Day

28

INTERNATIONAL  
CAPS LOCK DAY



National  
Camera Day

30

Meteor  
Watch Day



Welcome to your  
summer of 2026! There  
will never be another  
one like this in your life.  
How do you want these  
months to be?



# 07 JUL

LIFE IS SHORT CALENDAR

S	M	T	W	T	F	S
			1 International Joke Day	2  World UFO Day	3  Compliment Your Mirror Day	4 USA Semiquincentennial
 Workaholics Day	6  World Kissing Day	7 National Dive Bar Day	8  Be a Kid Again Day	9 Fashion Day	 National Pina Colada Day	11 Buy a Slurpee Day @ 7/11
12 Simplicity Day	13 Embrace Your Geekness Day French Fry Day	 National Mac + Cheese Day Pandemonium Day	15 National Give Something Away Day	16 Cherry Day	17  World Emoji Day	18  Toss Away the "Should've" Day Caviar Day
19 National Ice Cream Day	 Space Exploration Day	21  National Junk Food Day	22 National Hammock Day	23  National Lemon Day	 National Tequila Day	25 National Wine + Cheese Day
26  National All or Nothing Day	Take Your Pants for a Walk Day National Creme Brûlée Day	28 Lasagna Day International Tiger Day	29 National Chicken Wing Day	30  National Cheesecake Day	31 Uncommon Instrument Awareness Day	



# AUG

four  
thousand  
m<sub>and</sub>ays

four  
thousand  
minds

S

Global  
— Sleep Under  
the Stars Day

National Sport  
Sampling Day

ay











# LIFE IS SHORT CALENDAR

S

## Hug a Bear Day



Go to an Art Museum Day

Sesame  
Street  
Day

National  
Sundae Day  
Origami Day

National  
Pizza with  
the Works Except  
Anchovies Day



World  
Kindness Day

National  
Pickle Day



National  
Philanthropy Day

National  
Fast Food Day



National  
Take a Hike Day

National  
Princess Day



 National  
Play Monopoly Day

National  
Absurdity  
Day



World  
Hello Day

Go for a  
Ride Day

Cashew Day  
at a Cranberry  
Day

Celebrate Your  
Unique Talent Day  
Sardines Day

## National “Eat with a Friend” Day

Thanksgiving (US)  
National Cake Day  
Anti- Obesity Day



## Pie in the Face Day



National  
French Toast Day

Square Dancing  
Day

Personal  
Space Day



# 12 DEC

LIFE IS SHORT CALENDAR

S	M	T	W	T	F	S
	You're rounding the bend of 2026! Still so much time to stuff in the vitality, the rest... whatever you need. End the year on a high.	1 National Eat a Red Apple Day	 2 National Fritters Day	3 International Day of Persons with Disabilities	 Santa's List Day	 Prohibition Repeal Day
6 National Gazpacho Day	7 National Cotton Candy Day 	8 National Brownie Day 	 National Pastry Day	11 Human Rights Day	12 International Mountain Day	12 Gingerbread House Day
13 National Cream Cheese Frosting Day	14 International Monkey Day 	15 National Wear Your Pearls Day 	16 National Chocolate Covered Anything Day	17 National Maple Syrup Day 	19 Ugly Christmas Sweater Day	19 National Oatmeal Muffin Day
20 International Human Solidarity Day	21 1st Day of Winter Shortest Day of the Year 	22 National Cookie Exchange Day	23 Festivus For The Rest Of Us 	24 Egg Nog Day 	25 National "Kiss the Cook" Day	26 National Thank You Note Day
27 Visit the Zoo Day	29 Card Playing Day 	29 Still Need to Do Day 	31 National Champagne Day 			



# 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!

