

January

2026

Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1 New Year	2	3	4
5	6	7	8	9	10	11
12	13	14 Makar Sankranti / Pongal	15	16	17	18
19	20	21	22	23	24 National Girl Child Day	25
26 Republic Day	27	28	29	30	31	



play chess



solve sudoku



try brain teasers



host strategy boardgames



practice a new language

16 HOBBIES THAT KEEP YOUR MIND SHARP



speaking in public



fold origami



study philosophy

#BrainBoostingHobbies



do crosswords



play music by ear



learn coding basics



Solve Rubik's cube



paint fine details



trim bonsai trees



Experiment with science kits



do mental math drills

Vital_Crafts

February 2026

M	2	9	16	23
T	3	10	17	24
W	4	11	18	25
T	5	12	19	26
F	6	13	20	27
S	7	14	21	28
S	1	8	15	22

Tretin[®]

Cleargel[®]

February

2026

Mon	Tue	Wed	Thu	Fri	Sat	Sun
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
						Maha Shivaratri
16	17	18	19	20	21	22
23	24	25	26	27	28	

TOP 10 NATURAL HEALERS

Aloe Vera 	Anti-bacterial and anti-fungal, clear skin, keep hair dandruff-free.	Use the gel as a face cleanser and hair mask.
Baking Soda 	Deep clean scalp and skin, soften feet, teeth whitener, natural deodorant.	Rub under armpits, mix with water to make a scalp and face scrub.
Turmeric 	Burns toxins, cure acne, treat cough, heal wounds, anti-inflammatory, antioxidant.	Use in milk, tea, soup and stew. Make a face mask.
Garlic 	Antiseptic, antibacterial, relieves cough and cold, detoxifies.	Crush and use directly on wounds, saute with vegetables, add to soures.
Ginger 	Anti-inflammatory, relieves bloating, headache, menstrual cramps, nausea.	Make ginger tea, add a few slices to stir-fries, soup and salads.
Honey 	Improve digestion, lose weight, relieve nausea, sore throat, promotes sleep.	Use as face cleanser, wash hair, add to warm milk to help you sleep.
Lemon 	Detox, improve digestion, lighten scars and dark spots, relieve sore throat.	Make lemon tea for cough, use the juice as a face toner for clear skin.
Coconut 	Promote hair growth, clear skin, fade stretch marks, soften feet, treat dry lips and cuticles.	Massage warm oil on skin, hair, lips, feet, and nails.
Onion 	Treat cough, relieve stomach ache, promote hair growth.	Consume onion juice to relieve cough. Use as a hair mask.
Green Tea 	Maintain body weight, boost digestion, healthy skin, shiny hair.	Use as a hair rinse and face toner. Consume daily to improve health.

March 2026

M	30	2	9	16	23
T	31	3	10	17	24
W		4	11	18	25
T		5	12	19	26
F		6	13	20	27
S		7	14	21	28
S	1	8	15	22	29

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March

2026

Mon	Tue	Wed	Thu	Fri	Sat	Sun
30	31 Mahavir Jayanti					1
2	3 Holika Dahan	4 Holi	5	6	7	8 International Women's Day
9	10	11	12	13	14	15
16	17	18	19 Ugadi / Gudi Padwa	20 Eid-ul-Fitr (Ramzan Id)*	21	22
23	24	25	26	27 Rama Navami	28	29

*Tentative date for Eid festivals.

10 types of laziness

(and their cure)

1. Confusion

"I don't know what to do."
The cure: Choose one simple action. Clarity comes from doing, not overthinking.

2. Fear

"I simply can't."
The cure: Recall times you pushed through fear before. Courage gets louder with action.

3. Fixed Mindset

"What if I'm not good enough?"
The cure: Growth only happens when you're willing to be uncomfortable.

4. Tiredness

"I'm too tired. I don't have energy."
The cure: Try something low-effort. A small win can reignite your energy.



@César Solís

5. Lack of Interest

"I don't know what to do."
The cure: Reconnect with what excites you. Then find a way to link it to your current goals.

6. Regret

"It's too late for me."
The cure: You're not behind. Every day is a new opening to grow and move forward.

7. Identity

"I'm a lazy person."
The cure: That's not who you are. It's just a pattern, and patterns can change.

8. Overwhelm

"There's too much on my plate."
The cure: Focus on one task. Progress comes from simplicity, not pressure.

9. Distraction

"I'll just check my phone real quick..."
The cure: Set limits on temptations. A clear space helps create a focused mind.

10. Comfort

"I'm fine where I am."
The cure: Remind yourself that growth doesn't happen in easy places. Lean into discomfort to unlock what's next.



Follow César Solís | 1% better every day

April 2026

M		6	13	20	27
T		7	14	21	28
W	1	8	15	22	29
T	2	9	16	23	30
F	3	10	17	24	
S	4	11	18	25	
S	5	12	19	26	

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April

2026

Mon	Tue	Wed	Thu	Fri	Sat	Sun
		1	2	3 Good Friday	4	5
6	7 World Health Day	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

OKRA FACIAL BENEFITS FOR YOUTHFUL SKIN



DIY OKRA + ALOE VERA SOOTHING GEL

Ingredients:

- Slice okra and boil in 1 cup water until soft and slimy.
- Mash and strain to extract the gel.
- Mix with aloe vera gel and tree tree oil.
- Store in a clean jar.
- Apply to clean skin and leave for 15–20 minutes. Rinse off.



Use: 2-3 times a week for hydrated, glowing skin

• Anti-aging

Rich in vitamin C and antioxidants like quercetin and beta-carotene, okra helps reduce wrinkles and fine lines.

• Hydration

Its high water content keeps skin plump and moisturized.

• Brightening

Vitamin C helps fade dark spots and even out skin tone

• Anti-inflammatory

Okra soothes irritated skin and reduces redness

• Collagen support

Nutrients like folate and magnesium promote

May 2026

M	4	11	18	25	
T	5	12	19	26	
W	6	13	20	27	
T	7	14	21	28	
F	1	8	15	22	29
S	2	9	16	23	30
S	3	10	17	24	31

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May

2026

Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1 Labour Day / Maharashtra Day	2	3
4	5	6	7	8	9	10 Mother's Day
11	12 International Nurses Day	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

4 JUICES THAT BURN FAT WHILE YOU SLEEP



Cucumber + Mint + Lemon

Moon Detox

Flushes toxins & reduces water weight



Moon Detox



Pineapple + Ginger + Lemon

Fat Melter

Boosts overnight metabolism



Fat Melter



Celery + Green Apple + Parsley

Night Cleanser

Cleans the gut & reduces bloat



Night Cleanser



Turmeric + Almond Milk + Honey

Anti-Inflame Elixir

Fights inflammation, balances hormones



Metabo-Reset

June 2026

M	1	8	15	22	29
T	2	9	16	23	30
W	3	10	17	24	
T	4	11	18	25	
F	5	12	19	26	
S	6	13	20	27	
S	7	14	21	28	

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June

2026

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

International Yoga Day

Muharram / Ashura*

Eid-ul-Adha (Bakri Id)*

*Tentative date for Eid festivals.

HOW TO
**AVOID GOING
TO THE DENTIST**

Make your own Toothpaste!

Simple Recipe:

- 1/4 cup raw, virgin Coconut Oil
- 1 teaspoon Sea Salt
- 2 teaspoons Baking Soda
- 1 teaspoon Ground Cloves

Mix together well.

Cloves are anti-microbial, antioxidant,
and a natural immune booster. They also
help reduce inflammation & prevent tooth decay.

July 2026

M	6	13	20	27	
T	7	14	21	28	
W	1	8	15	22	29
T	2	9	16	23	30
F	3	10	17	24	31
S	4	11	18	25	
S	5	12	19	26	

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July

2026

Mon	Tue	Wed	Thu	Fri	Sat	Sun
		1 National doctor's day	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		



August 2026

M	31	3	10	17	24
T		4	11	18	25
W		5	12	19	26
T		6	13	20	27
F		7	14	21	28
S	1	8	15	22	29
S	2	9	16	23	30

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August

2026

Mon	Tue	Wed	Thu	Fri	Sat	Sun
31					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
					Independence Day	
17	18	19	20	21	22	23
24	25	26	27	28	29	30
	Onam			Raksha Bandhan		

IMPORTANT HEALTH TIPS:

1. Honey heals wounds faster than most meds Its antibacterial power speeds up healing & soothes digestion.

2. Cinnamon lowers blood sugar like drugs Just 1/2 teaspoon of cinnamon daily can help stabilize insulin levels.

3. Papaya seeds kill parasites
Most throw them away, but they detox your gut naturally.

4. Flaxseeds balance hormones & reduce belly fat
Regulate estrogen & support weight loss.

5. Cloves have more antioxidants than blueberries
Just one clove is PACKED with antioxidants, fights infections, and even helps numb pain naturally.

6. Pineapple melts mucus & clears lungs Bromelain in pineapple breaks down mucus, making it a natural remedy for congestion.

7. Cilantro removes heavy metals from your body
It detoxes mercury, lead, and other toxins that harm your health.

Save and share with your friends and family!

September 2026

M	7	14	21	28	
T	1	8	15	22	29
W	2	9	16	23	30
T	3	10	17	24	
F	4	11	18	25	
S	5	12	19	26	
S	6	13	20	27	

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September

2026

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	1	2	3	4 Janmashtami	5	6
7	8	9	10	11	12	13
14 Ganesh Chaturthi	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				



October 2026

M	5	12	19	26	
T	6	13	20	27	
W	7	14	21	28	
T	1	8	15	22	29
F	2	9	16	23	30
S	3	10	17	24	31
S	4	11	18	25	

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October

2026

Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1	2 Gandhi Jayanti	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20 Dussehra / Dasara & World's Osteoporosis Day	21	22	23	24	25
26	27	28	29	30	31	

“

Discipline is boring.
Hard work is boring.
Studying is boring.
Doing the same thing every day is
boring.

As a man who wants to go far in life,
learn to be bored, silent, and alone.

@BMasculineBeast

”

November 2026

M	30	2	9	16	23
T		3	10	17	24
W		4	11	18	25
T		5	12	19	26
F		6	13	20	27
S		7	14	21	28
S	1	8	15	22	29

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November

2026

Mon	Tue	Wed	Thu	Fri	Sat	Sun
30						1
2	3	4	5	6	7	8 Diwali / Deepavali
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24 Guru Nanak Jayanti	25	26	27	28	29

13 POWERFUL VITAMINS & THEIR FOOD SOURCES

1. **Vitamin A** (Retinol) - **"Vision Protector"**
 - Carrots | Sweet Potatoes | Spinach | Kale | Pumpkin | Mangoes.
2. **Vitamin B1** (Thiamine) - **"Energy Booster"**
 - Brown Rice | Peas | Lentils | Nuts | Sunflower Seeds | Legumes.
3. **Vitamin B2** (Riboflavin) - **"Cell Repairer"**
 - Almonds | Mushrooms | Spinach | Avocados | Soybeans | Broccoli
4. **Vitamin B3** (Niacin) - **"Heart Helper"**
 - Peanuts | Peas | Whole Wheat | Cauliflower | Lentils | Soybeans
5. **Vitamin B5** (Pantothenic Acid) - **"Stress Fighter"**
 - Avocados | Mushrooms | Whole Grains | Broccoli | Sweet Potatoes
6. **Vitamin B6** (Pyridoxine) - **"Mood Balancer"**
 - Bananas | Chickpeas | Potatoes | Spinach | Pistachios | Garlic
7. **Vitamin B7** (Biotin) - **"Beauty Vitamin"**
 - Almonds | Walnuts | Peanuts | Whole Grains | Bananas | Cauliflower
8. **Vitamin B9** (Folate) - **"Blood Builder"**
 - Chickpeas | Black Beans | Asparagus | Avocados | Beets | Oranges
9. **Vitamin B12** (Cobalamin) - **"Brain & Muscle Defender"**
 - Pumpkin Seeds | Flax Seeds | Hemp Seeds | Sesame & Chia Seeds
10. **Vitamin C** (Ascorbic Acid) - **"Immunity Booster"**
 - Strawberries | Oranges | Kiwi | Papaya | Bell Peppers | Tomatoes
11. **Vitamin D** (Calciferol) - **"Sunshine Vitamin"**
 - Cow Milk | Mushrooms | Fortified Food | Leafy Greens | Cheese
12. **Vitamin E** (Tocopherol) - **"Skin Shield"**
 - Almonds | Spinach | Avocados | Peanuts | Olive & Sunflower Oil.
13. **Vitamin K** (Phylloquinone) - **"Clot Controller"**
 - Broccoli | Cabbage | Brussels Sprouts | Soybeans | Green Peas

December 2026

M		7	14	21	28
T	1	8	15	22	29
W	2	9	16	23	30
T	3	10	17	24	31
F	4	11	18	25	
S	5	12	19	26	
S	6	13	20	27	

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December

2026

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	Christmas		
			New Year's Eve			