

# MARCH

Energy, Momentum & Performance

MON	TUE	WED	THU	FRI
2	3	4 <b>Energy Reset Wednesdays</b>	5	6 <b>Employee Appreciation Day</b> 
9	10	11 	12	13 <b>World Sleep Day</b> 
16	17	18 	9	20 <b>International Day of Happiness</b>
23	24	25 	26	27 <b>Celebrate!</b> 
30 <b>International Day of Zero Waste</b> 				

**04 | Energy Reset Wednesdays**  
Pause midweek to reset energy, refocus priorities, and recharge momentum for stronger performance.

**06 | Employee Appreciation Day**  
Recognize contributions. Appreciation fuels motivation, engagement, and sustained performance.

**13 | World Sleep Day**  
Rest is a performance strategy — protect sleep to sustain focus, resilience, and high-impact results.

**20 | International Day of Happiness**  
Happiness drives productivity. Energized teams perform better and stay committed longer.

**27 | Celebrate**  
End of the month gathering to celebrate birthdays, anniversaries, achievements and personal milestones

**30 | International Day of Zero Waste**  
Eliminate inefficiencies. Streamline processes to protect team energy and accelerate results.

