

JANUARY CHALLENGE

EVEN THE SMALLEST ACTIONS
ARE STEPS IN THE RIGHT DIRECTION.

SUN	MON	TUE	WED	THU	FRI	SAT
		1 REFLECT ON 2018	2 WHAT DO YOU WANT FROM 2019?	3 AFFIRMATIONS FOR 2019.	4 GET OUTDOORS.	5 TRY A NEW FRUIT OR VEGETABLE.
6 START A NEW BOOK.	7 LIST 5 THINGS YOU'RE GRATEFUL FOR.	8 CLEAN UP YOUR SOCIAL MEDIA.	9 DO SOMETHING MINDFULLY.	10 PACK A SNACK.	11 DO OR PLAN SOMETHING FUN.	12 CLEAN OUT YOUR CLOSET.
13 MAKE A MEAL PLAN.	14 SPEND SOME TIME OFFLINE.	15 RECONNECT WITH SOMEONE	16 DRINK UP! WATER, OF COURSE.	17 EAT A MINDFUL MEAL.	18 ARK-ACT OF RANDOM KINDNESS.	19 AIM FOR SATISFACTION.
20 MAKE A MEAL OF IT.	21 LIST BREAKFAST IDEAS.	22 FOCUS ON SLEEP.	23 JOYFUL MOVEMENT.	24 USE THE HUNGER/FULLNESS SCALE.	25 TRY A NEW MEAL/RECIPE.	26 EAT VEGAN OR VEGGIE FOR A DAY.
27 LISTEN TO A PODCAST.	28 HAVE A "NO COMPLAINTS" DAY.	29 SELF CARE THAT WORKS.	30 WHO AM I? WHO DO I WANT TO BE?	31 REALISTIC GOALS FOR 2019.		

