

# JANUARY

*“With mindfulness, we bring more clarity to the depths.”*  
— Jeff Warren

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|---|--|--|---|---|--|--|
| <b>1</b><br>Make a list of your intentions for the month or year.                             | <b>2</b><br>Share one of your intentions with a friend.  | <b>3</b><br>Take a small action towards one of your goals today.                   | <b>4</b><br>Make a list of your top 5 values.   | <b>5</b><br>Plan your week ahead.   | <b>6</b><br>Reflect on any habits that don't align with your values.         | <b>7</b><br>Try a meditation from the "Breaking Habits" series.                                  |
| <b>8</b><br>Remember feelings aren't facts. Give yourself space to process today.             | <b>9</b><br>Reflect on any habits that you want to build or improve.                                       | <b>10</b><br>Get clear on the relationships that support you and those that don't. | <b>11</b><br>Notice your internal dialogue. How can you speak to yourself with more kindness? | <b>12</b><br>Notice when you're ruminating and take a deep breath.                          | <b>13</b><br>Make a list of the things that comfort, support and anchor you. | <b>14</b><br>Have a digital declutter. Delete photos, organize files or audit your social media. |
| <b>15</b><br>Shake it off! Shake away any tension in your body for 30 seconds.                | <b>16</b><br>Get clear on your dreams. What's the one thing you'd regret not doing?                        | <b>17</b><br>Have a mini clear out. Throw out, recycle, gift or give things away.  | <b>18</b><br>Need an answer? Ask the question then free-write an answer for 2 mins.           | <b>19</b><br>Get an early night. Things are often clearer in the morning.                   | <b>20</b><br>Declutter an area of your home or space today.                  | <b>21</b><br>Today is a new day. Give yourself permission to start fresh.                        |
| <b>22</b><br>Instead of trying to force things you can't change, focus on what you can shift. | <b>23</b><br>Put on a <a href="#">Calm playlist</a> and let your mind dream, imagine, question and wonder. | <b>24</b><br>Small changes add up to big shifts over time. Practice patience.      | <b>25</b><br>Schedule in some time for relaxation today. Notice how it re-energizes you.      | <b>26</b><br>Shake up your routine! Do something differently today and notice how it feels. | <b>27</b><br>What do you need to hear today? Say it to yourself.             | <b>28</b><br>Get creative — color, write, craft, draw or paint.                                  |
| <b>29</b><br>Avoid multitasking. Do one thing at a time today.                                | <b>30</b><br>Feeling stuck? Try the <a href="#">Daily Move</a> to get your body and mind flowing.          | <b>31</b><br>Set an intention for the rest of the year.                            |   |   |  |  |

