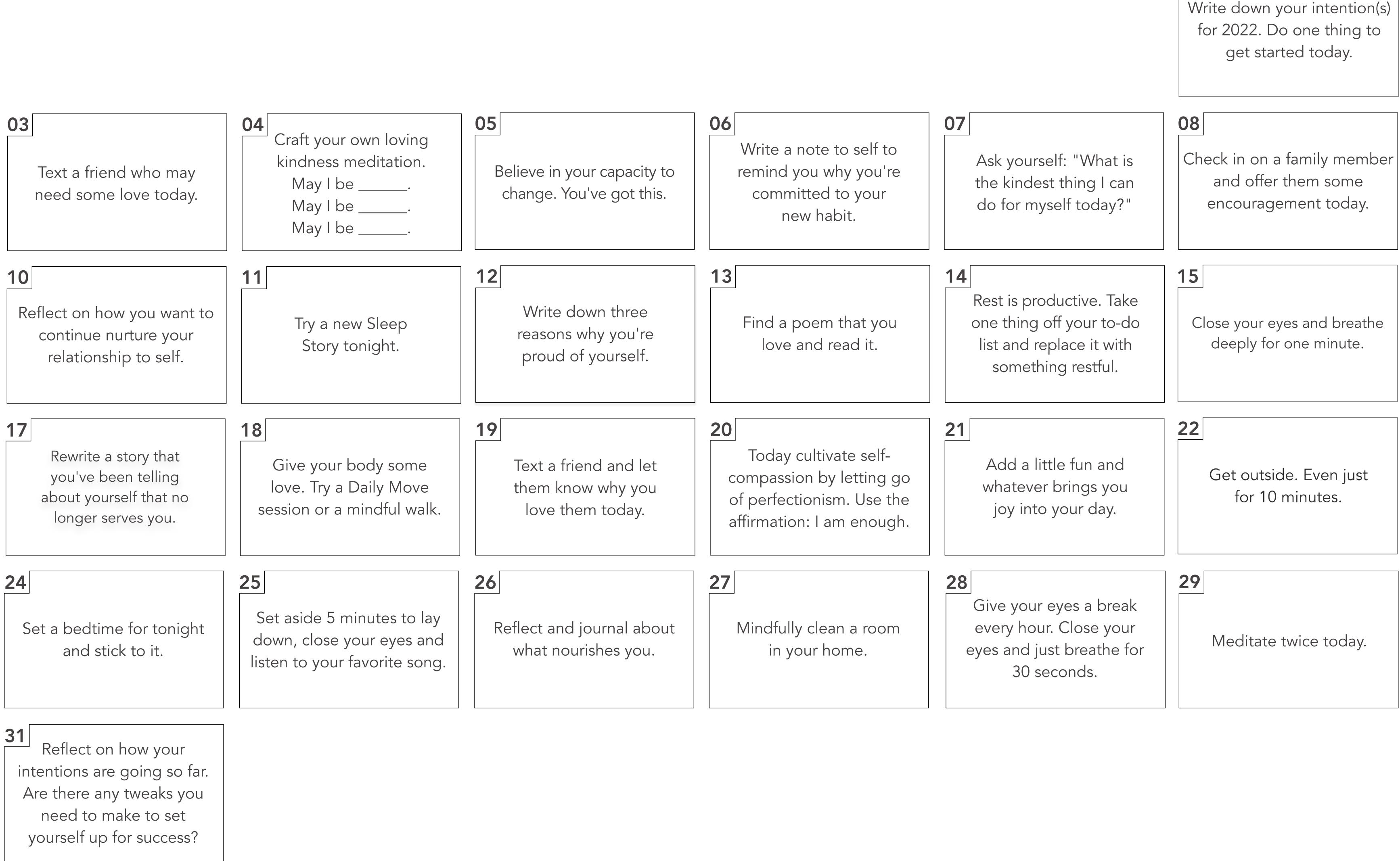
"Ask yourself: "What is the kindest thing I can do for myself today?" "



Manually,

5)

02 What keeps you motivated? Make a list of three things to keep you inspired this year.

09

List your best qualities. If you find this difficult, ask a friend!

16

Reflect on what you learned about yourself lately.

23

Do one thing that will help you feel more organized for the week ahead.

30

Make space in your day for some YOU time.

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