

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

# January

- |   |  |   |  |  |   |  |  |
|---|--|---|--|--|---|--|--|
|   |  |   |  |  |   | <b>01</b><br>Write down your intention(s) for 2022. Do one thing to get started today. | <b>02</b><br>What keeps you motivated? Make a list of three things to keep you inspired this year. |
| <b>03</b><br>Text a friend who may need some love today.  | <b>04</b><br>Craft your own loving kindness meditation.<br>May I be _____.<br>May I be _____.<br>May I be _____. | <b>05</b><br>Believe in your capacity to change. You've got this.     | <b>06</b><br>Write a note to self to remind you why you're committed to your new habit.                        | <b>07</b><br>Ask yourself: "What is the kindest thing I can do for myself today?"                          | <b>08</b><br>Check in on a family member and offer them some encouragement today. | <b>09</b><br>List your best qualities. If you find this difficult, ask a friend!       |  |
| <b>10</b><br>Reflect on how you want to continue nurture your relationship to self.   | <b>11</b><br>Try a new Sleep Story tonight.  | <b>12</b><br>Write down three reasons why you're proud of yourself.   | <b>13</b><br>Find a poem that you love and read it.  | <b>14</b><br>Rest is productive. Take one thing off your to-do list and replace it with something restful. | <b>15</b><br>Close your eyes and breathe deeply for one minute.                   | <b>16</b><br>Reflect on what you learned about yourself lately.                        |  |
| <b>17</b><br>Rewrite a story that you've been telling about yourself that no longer serves you.                                     | <b>18</b><br>Give your body some love. Try a Daily Move session or a mindful walk.                               | <b>19</b><br>Text a friend and let them know why you love them today. | <b>20</b><br>Today cultivate self-compassion by letting go of perfectionism. Use the affirmation: I am enough. | <b>21</b><br>Add a little fun and whatever brings you joy into your day.                                   | <b>22</b><br>Get outside. Even just for 10 minutes.                               | <b>23</b><br>Do one thing that will help you feel more organized for the week ahead.   |  |
| <b>24</b><br>Set a bedtime for tonight and stick to it.   | <b>25</b><br>Set aside 5 minutes to lay down, close your eyes and listen to your favorite song.                  | <b>26</b><br>Reflect and journal about what nourishes you.            | <b>27</b><br>Mindfully clean a room in your home.  | <b>28</b><br>Give your eyes a break every hour. Close your eyes and just breathe for 30 seconds.           | <b>29</b><br>Meditate twice today.  | <b>30</b><br>Make space in your day for some YOU time.                                 |  |
| <b>31</b><br>Reflect on how your intentions are going so far. Are there any tweaks you need to make to set yourself up for success? |  |   |  |  |   |  |  |