

# 2020 January

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Before you set another New Year's Resolution, take a moment to be silent. <i>What do you really want? What is standing in your way?</i></p> <p>This year, make a commitment to change your thoughts and say positive affirmations, believing that what you want WILL happen!</p>			<p>1  Dear self, Write a letter to yourself. Put it someplace you will remember. Read it at the end of the year.</p>	<p>2  Treat yourself as if you already were the person you want to become.</p>	<p>3  Make a Vision Board</p>	<p>4 IF YOU ARE <b>PERSISTENT</b> YOU WILL get it. IF YOU ARE <b>CONSISTENT</b> YOU WILL keep it.</p>
<p>5  Plan &amp; prep to bring your lunch at least 2 times this coming week.</p>	<p>6 Take 1 minute to sit quietly every day this week and just listen to your breath. <i>Stillness speaks.</i></p> 	<p>7  Take a brisk walk outside. Connect with nature.</p>	<p>8 Write 5 things that you did well today </p>	<p>9  No technology one hour before going to bed.</p>	<p>10 Clean off your desk and write a "to do" list for Monday </p>	<p><b>SHARE THE WARMTH</b> </p>
<p>If you can change your mind, you can change your life. <i>~ William James</i></p>	<p>13  You can't give what you don't have. Fill yourself up through self-care.</p>	<p>14  Every choice you make is of your own doing.</p>	<p>15  Today is the moment you have been waiting for.</p>	<p>16  You are only accountable to yourself</p>	<p>17  Try a yoga class: studio, gym or home</p>	<p>18  Watch a comedy with your family and laugh out loud!</p>
<p>19  Go to bed early tonight– start your week refreshed</p>	<p>20  Try to eat more plant-based foods this week, less animal products including dairy.</p>	<p>21 Stand every hour to reduce effects of sitting too long. </p>	<p>22 Get your blood pressure checked and write it down. </p>	<p>23  Do something nice for someone.</p>	<p>24 No Added Sugar Today </p>	<p>25 Call someone you haven't seen in awhile. Don't text. </p>
<p>26 Stay focused on your goals. You can do this! </p>	<p>27  Help a co-worker without them asking.</p>	<p>28 Drink eight 8oz glasses of water or 1/2 your weight in ounces </p>	<p>29  POSITIVE Self Talk</p>	<p>30  Plan a vacation</p>	<p>31 <b>Reflect on the month.</b> Look at accomplishments made. Celebrate your strengths! Set your sights on February! Shift your thinking and become empowered. Keep going!</p>	