

SUN	MON	TUE	WED	THU	FRI	SAT
		1 Just breathe and be thankful the holidays are over	2 Make a list of what you feel "deprived of"	3 Festival of Sleep Day. If possible sleep in or nap	4 Cozy up on the couch with your favorite movie	5 Pack up your decorations from the holidays
6 Make a list of everything you need to do	7 Eliminate 1 item from the list you created	8 Bubble Bath Day. Enjoy one if possible or blow bubbles if not.	9 Find 2 items on your list that can be delegated	10 Start a meditation habit if you don't already have one	11 From your "deprived of" list find one thing you can give yourself	12 Vision Board Day see the post for instructions on creating your own
13 Follow the Ivy Lee method to create your To-Do list. See the post .	14 Make lunch plans with a friend	15 Go back to an old hobby & discover why you liked it	16 It's National Do Nothing Day. So do just that!	17 Take a walk during lunch instead of working through it	18 Call a friend or relative that moved out of state	19 National Popcorn Day. Enjoy a flavored popcorn
20 Create a soul nourishing space at home	21 Hug someone today and attend a MLK JR event in your community	22 Take back your time by saying No to projects you're not interested in.	23 Schedule "me" time into your daily calendar	24 Recognize and tell yourself that You Are Enough	25 Start a Gratitude Journal	26 Donate any clothing that you haven't worn in a year.
27 National Chocolate Cake Day. Enjoy.	28 Recharge by treating yourself to a massage after work	29 Read a book just for fun	30 Fill your energy tank by going to bed early	31 Enjoy hot chocolate on National Hot Chocolate Day!		

JANUARY 2019