

January 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Identify 3 goals for 2023	2 What does self care look like for you?	3 Smile all day long. Reflect on how easy/hard it was.	4 Spend 5 minutes outside, phone free.	5 Go to bed 30 minutes earlier	6 Drink some hot cocoa or tea	7 <u>Bake something</u> Here's some ideas, or try your own!
8 Pick out your clothes the night before	9 <u>Try a bedtime stretch routine</u>	10 Turn off your phone 35 minutes before bed	11 Sit silently for 1 minute	12 FaceTime with a friend	13 <u>Take a virtual tour of a Zoo</u>	14 Schedule something to do with a friend
15 Journal prompt: Who is someone that inspire you? Why?	16 Try to only sleep in for an extra 30-45 minutes.	17 List 10 things you like about yourself	18 Try calligraphy!	19 What's something you accomplished today? Celebrate it!	20 Play a board game	21 Ask your family if there is anything you can help with.
22 Look at your average screen time. Can you decrease it this week?	23 Who is someone you admire? Tell them!	24 Draw a picture of something you love to do	25 <u>Breathe Bubble</u>	26 Try a new fruit or vegetable	27 Create a "happiness" playlist	28 Watch a movie you've never seen
29 Make a schedule for the upcoming week	30 Journal Prompt: What's the best compliment you've received and why?	31 Write a letter to your future self	1	2	3	4