

2022  
BRYAN  
JANUARY

## NEW YEARS WORD SCRAMBLE

utwdcnono \_\_\_\_\_

ebeltreca \_\_\_\_\_

idgitmhn \_\_\_\_\_

ecfotitn \_\_\_\_\_

hserec \_\_\_\_\_

sinoerustol \_\_\_\_\_

rpyta \_\_\_\_\_

apelssrkr \_\_\_\_\_

kinsamereo \_\_\_\_\_

nlaboslo \_\_\_\_\_

sogla \_\_\_\_\_

rkwesifro \_\_\_\_\_

eismome \_\_\_\_\_

Source: Happiness is Homemade

mM

YOUR MONTHLY MOTTO:

“Focus on a  
Passion”

24-7 Wellness

## My Monthly Goals:

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_

Strive for 150 minutes of exercise per week! This is according to the Canada Movement Guidelines.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>The month is full of tips to help you live the monthly motto (mM) But feel free to scratch them out and create your own! Colour in the water bottles as you drink water throughout the day (4 bottles = 8 glasses). Did you do any physical activity? Check off the active box.</p> <p>Want to be featured in our newsletter? Share your completed activity with us on social media, or email it in to <a href="mailto:communications@systems24-7.com">communications@systems24-7.com</a>.</p>						<p><b>01</b></p> <p><b>Write your monthly goals.</b></p> <p>New Year's Day</p> <p><input type="checkbox"/> <input type="checkbox"/> mM <input type="checkbox"/> <input type="checkbox"/></p>
<p><b>02</b></p> <p><b>Work out to feel good, not be thinner.</b></p> <p><input type="checkbox"/> <input type="checkbox"/> mM <input type="checkbox"/> <input type="checkbox"/></p>	<p><b>03</b></p> <p><b>Stop gossiping.</b></p> <p><input type="checkbox"/> <input type="checkbox"/> mM <input type="checkbox"/> <input type="checkbox"/></p>	<p><b>04</b></p> <p><b>Give someone a compliment.</b></p> <p><input type="checkbox"/> <input type="checkbox"/> mM <input type="checkbox"/> <input type="checkbox"/></p>	<p><b>05</b></p> <p><b>Go a whole day without checking social media.</b></p> <p><input type="checkbox"/> <input type="checkbox"/> mM <input type="checkbox"/> <input type="checkbox"/></p>	<p><b>06</b></p> <p><b>Do a random act of kindness.</b></p> <p><input type="checkbox"/> <input type="checkbox"/> mM <input type="checkbox"/> <input type="checkbox"/></p>	<p><b>07</b></p> <p><b>Treat yourself and go out for dinner.</b></p> <p><input type="checkbox"/> <input type="checkbox"/> mM <input type="checkbox"/> <input type="checkbox"/></p>	<p><b>08</b></p> <p><b>Try to read one book this month.</b></p> <p><input type="checkbox"/> <input type="checkbox"/> mM <input type="checkbox"/> <input type="checkbox"/></p>
<p><b>09</b></p> <p><b>Clean out your fridge.</b></p> <p><input type="checkbox"/> <input type="checkbox"/> mM <input type="checkbox"/> <input type="checkbox"/></p>	<p><b>10</b></p> <p><b>Turn your phone off an hour before bed for a goodnight sleep.</b></p> <p><input type="checkbox"/> <input type="checkbox"/> mM <input type="checkbox"/> <input type="checkbox"/></p>	<p><b>11</b></p> <p><b>Volunteer at a local soup kitchen.</b></p> <p><input type="checkbox"/> <input type="checkbox"/> mM <input type="checkbox"/> <input type="checkbox"/></p>	<p><b>12</b></p> <p><b>Drink more water.</b></p> <p><input type="checkbox"/> <input type="checkbox"/> mM <input type="checkbox"/> <input type="checkbox"/></p>	<p><b>13</b></p> <p><b>Write down one thing you are grateful for.</b></p> <p><input type="checkbox"/> <input type="checkbox"/> mM <input type="checkbox"/> <input type="checkbox"/></p>	<p><b>14</b></p> <p><b>Visit a local shop you've never been to.</b></p> <p><input type="checkbox"/> <input type="checkbox"/> mM <input type="checkbox"/> <input type="checkbox"/></p>	<p><b>15</b></p> <p><b>Complete a monthly goal.</b></p> <p><input type="checkbox"/> <input type="checkbox"/> mM <input type="checkbox"/> <input type="checkbox"/></p>
<p><b>16</b></p> <p><b>Go snow tubing or tobogganing.</b></p> <p><input type="checkbox"/> <input type="checkbox"/> mM <input type="checkbox"/> <input type="checkbox"/></p>	<p><b>17</b></p> <p><b>Open a savings account if you haven't already.</b></p> <p><input type="checkbox"/> <input type="checkbox"/> mM <input type="checkbox"/> <input type="checkbox"/></p>	<p><b>18</b></p> <p><b>Stop multi-tasking. Focus on one thing at a time.</b></p> <p><input type="checkbox"/> <input type="checkbox"/> mM <input type="checkbox"/> <input type="checkbox"/></p>	<p><b>19</b></p> <p><b>Take the stairs today.</b></p> <p><input type="checkbox"/> <input type="checkbox"/> mM <input type="checkbox"/> <input type="checkbox"/></p>	<p><b>20</b></p> <p><b>Clean out your car.</b></p> <p><input type="checkbox"/> <input type="checkbox"/> mM <input type="checkbox"/> <input type="checkbox"/></p>	<p><b>21</b></p> <p><b>Book a dentist appointment.</b></p> <p><input type="checkbox"/> <input type="checkbox"/> mM <input type="checkbox"/> <input type="checkbox"/></p>	<p><b>22</b></p> <p><b>Be kind.</b></p> <p><input type="checkbox"/> <input type="checkbox"/> mM <input type="checkbox"/> <input type="checkbox"/></p>
<p><b>23</b></p> <p><b>Try a new recipe.</b></p> <p><input type="checkbox"/> <input type="checkbox"/> mM <input type="checkbox"/> <input type="checkbox"/></p>	<p><b>24</b></p> <p><b>Complete a monthly goal.</b></p> <p><input type="checkbox"/> <input type="checkbox"/> mM <input type="checkbox"/> <input type="checkbox"/></p>	<p><b>25</b></p> <p><b>Start a new hobby or focus on one you put aside.</b></p> <p><input type="checkbox"/> <input type="checkbox"/> mM <input type="checkbox"/> <input type="checkbox"/></p>	<p><b>26</b></p> <p><b>Call or text an old friend to see how they are.</b></p> <p><input type="checkbox"/> <input type="checkbox"/> mM <input type="checkbox"/> <input type="checkbox"/></p>	<p><b>27</b></p> <p><b>Use reusable containers for lunch.</b></p> <p><input type="checkbox"/> <input type="checkbox"/> mM <input type="checkbox"/> <input type="checkbox"/></p>	<p><b>28</b></p> <p><b>Get in the habit of sanitizing your personal belongings.</b></p> <p><input type="checkbox"/> <input type="checkbox"/> mM <input type="checkbox"/> <input type="checkbox"/></p>	<p><b>29</b></p> <p><b>Go and buy a plant for your home.</b></p> <p><input type="checkbox"/> <input type="checkbox"/> mM <input type="checkbox"/> <input type="checkbox"/></p>
<p><b>30</b></p> <p><b>Donate clothes you never wear.</b></p> <p><input type="checkbox"/> <input type="checkbox"/> mM <input type="checkbox"/> <input type="checkbox"/></p>	<p><b>31</b></p> <p><b>Finish all your monthly goals!</b></p> <p><input type="checkbox"/> <input type="checkbox"/> mM <input type="checkbox"/> <input type="checkbox"/></p>	<p><b>Webinar Legend:</b> To register for this months' webinars, visit <a href="https://systems24-7.com">systems24-7.com</a></p> <p>▲ Public Webinar</p> <p>● Systems 24-7 Related Webinar</p> <p>■ Excellence program Hot Topic Webinar</p> <p>★ Excellence program Guidance and Instructional Webinar</p>				

Answers: Countdown. Celebrate. Midnight. Confetti. Cheers. Resolutions. Party. Sparklers. Noisemakers. Balloons. Goals. Fireworks. Memories.