

# JANUARY | 2023



Set Intentions: *People who explicitly make resolutions are 10 times more likely to attain their goals than people who don't. What are yours?*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 New Year's Day	2	3	4	5 Inventory your financial health	6	7
8 Write thank-you cards for holiday gifts	9	10	11 Create a spending plan for 2023 based on last year's spending	12	13 Be purposeful with your bonus – spend 10% on something fun and save the rest	14 De-stress from the holiday craze by taking a yoga class or a hike outdoors with a friend
15	16 Martin Luther King Jr. Day	17 4 <sup>th</sup> quarter 2022 estimated taxes due	18	19 Replenish emergency fund and assess cash needs for 2023	20	21 Check household preparedness for emergencies
22	23 Watch for tax documents in the mail – put in one folder	24	25 Create a net worth statement	26	27	28
29 Take stock of your relationships and book a date with a friend	30	31 Give your investment portfolio a check-up				