


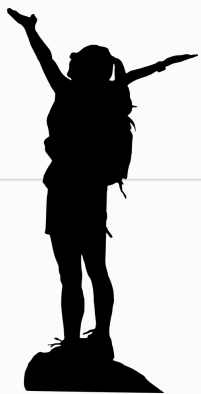


01

JANUARY



2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			Take 5 minutes for meditation 1	Re-connect with an old friend 2	Write a "promise letter" to yourself 3	Take a technology break for 24 hours 4
Look for what is positive in today. 5	Notice how you speak to yourself: change negative for positive. 6	Do something challenging today 7	Journal: Write down a list of things you are grateful for. 8	Make a list of things you wish to learn. 9	Journal: How could I become even more awesome 10	Forgive someone 11
Journal: How am I lucky today, but also in my life in general? 12	Journal: What could I do today to make myself feel proud? Then do it. 13	Create list of things that inspire you (or that give you joy) 14	Get out into nature 15	Do something that is out of your comfort zone 16	Learn something new no matter how small 17	Don't complain for a day 18
Get up earlier — meditate, journal, or doing something you enjoy 19	Ask "What am I learning from of this?" throughout the day 20	Re-focus on your goals 21	Tackle a physical challenge – go for a hike or do as many pushups as you can 22	Treat yourself to something nice and really enjoy your meal 23	Whenever you catch yourself saying, "I have to..." make it, "I get to..." 24	Journal: "What's keeping me from being in the moment?" 25
Do something that reminds you of childhood. 26	"What would I still be doing in my life if I couldn't tell anyone about it? 27	Journal: Why is growth important to you? 28	Create one SMART goal you will achieve this year. 29	Journal: What do I love most about my life? 30	Get up early and watch the sunrise – make it a mindful moment. 31	

Monthly Wellness – *Growth Mindset*

Stop dreaming and start doing.