

JANUARY

2019

February 2019

Mon	Tue	Wed	Thu	Fri	Sat	Sun
28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	1	2	3

March 2019

Mon	Tue	Wed	Thu	Fri	Sat	Sun
25	26	27	28	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Mon	Tue	Wed	Thu	Fri	Sat	Sun
31	1 Be mindful of the foods I eat, including portion size.	2 Always have a book to read (and actually read it).	3 Practice Deep Breathing Exercises (Google it)	4 Find 15 minutes each day of quiet time.	5 Be more active.	6 Be mindful of my time.
7 Stay in the moment. Be present.	8 Get creative. Express your talents.	9 Learn something new.	10 Spend less time being angry or worried.	11 Stop procrastinating.	12 Avoid toxic people.	13 Limit device time (especially before bed).
14 Drink more water.	15 Talk with an old friend.	16 Cook something new.	17 Try new foods.	18 Be kinder to others.	19 Do something helpful.	20 Appreciate the arts.
21 Plan a vacation or getaway.	22 Be thankful.	23 Hug more.	24 Smile more.	25 Change a negative thought into a positive one.	26 Reduce use of alcohol.	27 Get organized.
28 Get more than 6 hours of sleep per night.	29 Limit caffeine.	30 Recognize that tomorrow is not guaranteed.	31 Stick with these goals throughout the year.	1	2	3