

# JANUARY

*“With mindfulness, we bring more clarity to the depths.” — Jeff Warren*

1. Make a list of your intentions for the month or year.
2. Share one of your intentions with a friend.
3. Take a small action towards one of your goals today.
4. Make a list of your top 5 values.
5. Plan your week ahead.
6. Reflect on any habits that don't align with your values.
7. Try a meditation from the "[Breaking Habits](#)" series.
8. Remember feelings aren't facts. Give yourself space to process today.
9. Reflect on any habits that you want to build or improve.
10. Get clear on the relationships that support you and those that don't.
11. Notice your internal dialogue. How can you speak to yourself with more kindness?
12. Notice when you're ruminating and take a deep breath.
13. Make a list of the things that comfort, support and anchor you.
14. Have a digital declutter. Delete photos, organize files or audit your social media.
15. Shake it off! Shake away any tension in your body for 30 seconds.
16. Get clear on your dreams. What's the one thing you'd regret not doing?
17. Have a mini clear out. Throw out, recycle, gift or give things away.
18. Need an answer? Ask the question then free-write an answer for 2 mins.
19. Get an early night. Things are often clearer in the morning.
20. Declutter an area of your home or space today.
21. Today is a new day. Give yourself permission to start fresh.
22. Instead of trying to force things you can't change, focus on what you can shift.
23. Put on a [Calm playlist](#) and let your mind dream, imagine, question and wonder.
24. Small changes add up to big shifts over time. Practice patience.
25. Schedule in some time for relaxation today. Notice how it re-energizes you.
26. Shake up your routine! Do something differently today and notice how it feels.
27. What do you need to hear today? Say it to yourself.
28. Get creative — color, write, craft, draw or paint.
29. Avoid multitasking. Do one thing at a time today.
30. Feeling stuck? Try the [Daily Move](#) to get your body and mind flowing.
31. Set an intention for the rest of the year.

