

JANUARY

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

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

