




January

2017

# January 2017 - New Starts

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1 A new day, a new year, what are your dreams?
2 What are your gratitudes of the year just gone?	3 Rather than NY Resolutions, focus on intentions	4 Start to think about how to create your Best Year Yet	5 Build into this what makes your heart sing	6 Decorations are down, time to decorate your life	7 January is about new starts - what are your desires?	8 How will you make happiness a priority this year?
9 As work routines settle, remember your intentions	10 Affirm your deservedness for this year's dreams	11 I deserve a happy year and that starts with me	12 Journalise your hopes and intentions	13 Don't give up habits, create new ones	14 A new year offers a new set of attitudes	15 What beliefs need an overhaul to support happiness?
16 A new week, a new mindset - what's yours?	17 What inspires you to excel?	18 What are your passions and strengths?	19 What do you look like at your best?	20 What triggers you to not be at your best?	21 National Hugging Day, let's go hug!	22 A day of rest - how will you rest today?
23 What are your intentions for the week ahead?	24 What gets in the way of your goals?	25 How committed are you to goals?	26 What could you do to improve your goal achievement?	27 At the end of the week, what are you grateful for?	28 Family fun time - how will you invest in it?	29 Time for you today?
30 Set some happiness goals for the week ahead	31 How has your January gone so far?					