
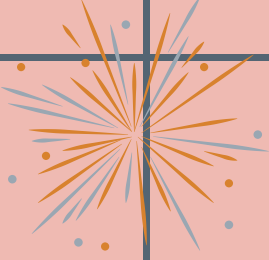

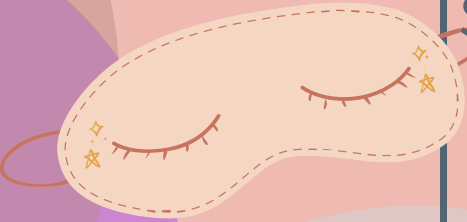

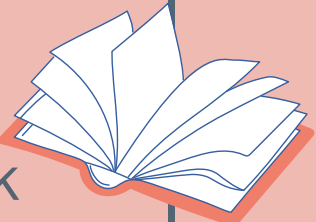


JANUARY

I HAVE DECIDED THAT THIS WILL BE A VERY GOOD YEAR.

SUN	MON	TUE	WED	THU	FRI	SAT
Set 3 new year goals			Write a letter to yourself and open it next year		Drink hot chocolate	
		take a 20 min walk 2 times this week		Play a game with someone you love		have a Hygge day
	Sleep at least 8h 2 times this week		Buy yourself some flowers		read a book	
cook a dish you would normally not make		set an intention for you day				Have a spa day at home

