

JANUARY

IT'S ON! TIME TO MAKE MAGIC HAPPEN.

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