



FEEL-GOOD IDEAS

- **Wake-Up Song:** "We Are the Champions" Queen.
- **Fill-in-the-Blank Positive Thought:** Progress I've made on my goals, no matter how small, includes...
- **Motivational Song:** "Fighter" Christina Aguilera.

31-DAY GOAL TRACKER

TODAY'S GOAL COMPLETED

Today's Reflection:

What progress you've noticed so far.

FOOD IDEAS

- **Breakfast:** Broccoli and Cheese Frittata.
- **Lunch:** Corn & Shrimp Salad.
- **Dinner:** Frittata with Bread and Side Salad.

THINGS YOU CAN DO TODAY

- **January Bucket List:** Go bowling or do another fun activity with friends.
- **Self-Care Idea:** Get a mani-pedi at a salon or DIY at home.
- **Decluttering Idea:** Put away the holiday decorations.
- **Trying Something New:** Try a new-to-you creative activity (e.g., doodling, embroidery, knitting).
- **Doodling Idea:** Snow angel.
- **Watercoloring Idea:** Snow-capped mailbox.
- **Photo Idea:** A quirky bookstore.

JOURNALING FOR THE DAY

- **Morning Journaling:** One thing you can change about a goal or habit to make it more realistic.
- **Evening Journaling:** New goals or routines you've stayed consistent with.
- **Self-Care Journaling:** One thing you trust yourself to do this year that you didn't last year.
- **Gratitude Journaling:** Opportunities to be present in nature your local area gives you.

INSPIRATIONAL MESSAGE

You're making progress in so many ways.

ACT OF KINDNESS

Have a January goals check-in with someone.