



POSITIVE MORNING & DAY IDEAS

- **Wake-Up Song:** "I'm on My Way" The Proclaimers.
- **Fill-in-the-Blank Positive Thought:** Routines that ground me include...
- **Motivational Song:** "The Fighter" Gym Class Heroes & Ryan Tedder.

31-DAY GOAL TRACKER

TODAY'S GOAL COMPLETED

Today's Reflection:

Whether the goal needs less or more effort compared to day 1.

MEALS & FOOD

- **Breakfast:** Muesli and Greek Yogurt.
- **Lunch:** Taco Salad.
- **Dinner:** Pancetta & Mushroom Pasta.

ACTIVITIES YOU COULD TRY

- **January Bucket List:** Try a new recipe.
- **Self-Care Idea:** Have lunch with your favorite coworkers or friends.
- **Decluttering Idea:** Go through magazines, leaflets, and mail received over the holidays.
- **Trying Something New:** Watch the sunset from a new spot today.
- **Doodling Idea:** Garnet (gem).
- **Watercoloring Idea:** Condensation on a window with a message written.
- **Photo Idea:** Sunset view from a new spot.

JOURNALING FOR THE DAY

- **Morning Journaling:** What motivates you on a rainy morning.
- **Evening Journaling:** What makes you feel warm inside.
- **Self-Care Journaling:** Routines you already have that ground you.
- **Gratitude Journaling:** A time you said 'yes' and what it led to.

ACT OF KINDNESS

Hold the door open for someone.

INSPIRATIONAL MESSAGE

It may be cold outside, but your heart is full of warmth.