



POSITIVE IDEAS FOR THE DAY

- **Wake-Up Song:** “Brighter Day” Michael Franti & Spearhead.
- **Fill-in-the-Blank Positive Thought:** My living room is joyful because...
- **Motivational Song:** “Try Everything” Shakira.

31-DAY GOAL TRACKER

TODAY'S GOAL COMPLETED

Today's Reflection:
One way you've surprised yourself.

FOOD IDEAS

- **Breakfast:** Tropical Chia Pudding.
- **Lunch:** Cobb Salad.
- **Dinner:** Broccoli Cheddar Soup.

ACTIVITIES AND IDEAS

- **January Bucket List:** Frame and display a photo that's meaningful to you.
- **Self-Care Idea:** Have a cup of tea, hot cocoa, or another hot drink you prefer.
- **Decluttering Idea:** Set a 10-min timer and tidy the laundry room/area.
- **Trying Something New:** Try a new hot cocoa flavor (e.g., orange, cherry, hazelnut).
- **Doodling Idea:** Reading lamp.
- **Watercoloring Idea:** Winter flowers in bloom.
- **Photo Idea:** A calm lake.

JOURNALING IDEAS

- **Morning Journaling:** One thing you didn't want to do but found the courage to do it.
- **Evening Journaling:** If needed, ways to restart those goals and routines this week.
- **Self-Care Journaling:** Putting goals aside, what you want to do this year.
- **Gratitude Journaling:** Life achievements you're proud of.

ACT OF KINDNESS

Let someone at work know they've done a great job.

INSPIRATIONAL MESSAGE

Don't overthink joy; it's in the simplest of things.