



..... Ordinary & Happy

MOTIVATION & POSITIVITY

- **Wake-Up Song:** “Best Day of My Life” American Authors.
- **Fill-in-the-Blank Positive Thought:** This month, I’ve made progress on...
- **Motivational Song:** “Eye of the Tiger” Survivor.

31-DAY GOAL TRACKER

TODAY'S GOAL COMPLETED

Today's Reflection:

Whether your answer to 'day 1' is the same or different.

FOOD IDEAS

- **Breakfast:** Cottage Cheese Bowl with Honey & Nuts.
- **Lunch:** Chicken Salad Sandwich.
- **Dinner:** Smoked Salmon Wraps.

THINGS YOU CAN DO TODAY

- **January Bucket List:** Set goals for next month.
- **Self-Care Idea:** Catch up with a friend in person or online.
- **Decluttering Idea:** Choose one category of items to declutter (e.g., mugs, books).
- **Trying Something New:** Watch a new movie at the movie theater or at home.
- **Doodling Idea:** Window with view.
- **Watercoloring Idea:** Interesting clock face.
- **Photo Idea:** Movie night at home or at the movie theater.

JOURNALING IDEAS

- **Morning Journaling:** Ways you feel the same as the December version of yourself.
- **Evening Journaling:** What you feel has been a success in January.
- **Self-Care Journaling:** One way you've shown resilience this winter.
- **Gratitude Journaling:** An opportunity that allowed you to grow.

ACT OF KINDNESS

Reflect on January goals with someone, no matter how the month went.

INSPIRING MESSAGE

Reach out to someone you want to chat to.