

2022 JANUARY

"Your success and happiness lies in you. Resolve to keep happy, and your joy and you shall form an invincible host against difficulties."

-Helen Keller

THE POSITIVITY PROJECT

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	01 Clean up your workspace - decluttering clears your mind.
02 Commit to doing something new each day this month!	03 Write a letter to three people in your life and let them know what they mean to you.	04 Find a volunteer opportunity and help others in your community.	05 Write down your top 10 goals for this year and post them where you'll see them often.	06 Do something that takes you out of your comfort zone.	07 Instead of making a "to-do" list, make a list of "not-to-do" - things you would be happier eliminating.	08 Do a self review of the last year. What went well and what would you like to improve in 2022?
09 Reach out - set aside time to send a quick note or make calls to those you haven't connected with in awhile.	10 Be realistic, take a goal and break it down into steps. Break down those steps and create a game-plan.	11 Put yourself at the top of your list. We can't help others until we help ourselves.	12 Replace your old bed pillows! New pillows will support your neck and give you better, more rested sleep.	13 Plan one night a week as a television/device free night. Play games, take a walk, or do a craft.	14 Be intentional. Look at your goals and ask yourself "why" and "how."	15 Focus on the positive. All the negativity around can bring us down, make an effort to focus on the positive.
16 Get outside. We spend so much time indoors, take a moment to breathe in fresh air.	17 Use positive language. For instance, instead of saying "lose weight" say to yourself "exercise 3x per week."	18 Ask for help. Intentionally asking for help when needed relieves stress off you and can help you accomplish goals.	19 Clean out your closet. Donate what you don't wear anymore. Disorganization can lead to stress.	20 Revamp your social network profiles (if you have them). Remove contacts you haven't spoken to in the last year.	21 Be present. Put down the phone, turn off the screen, and be present in the moment with those around you.	22 Actively practice gratitude - write down something you're grateful for each day.
23 Focus on getting a good night's sleep. Set a bedtime and try to make it a priority each night.	24 Stay hydrated! Make sure you're getting enough H2O each day.	25 Find something that starts your morning on a positive note like listening to good music or your favorite podcast.	26 Give yourself a technology curfew. Turn off devices/ computers at least an hour before bed each night.	27 Ease into change. Goals are great, but don't start day one running five miles if you've never run before. Take steps.	28 Cook something new each week. Try a new recipe and venture into foods you may have never tried before.	29 Join a club. Begin a new hobby by getting together with others that share your interests - even virtually!
30 Buy a new plant! Just the presence of an indoor plant can lower stress levels!	31 Focus on doing one thing at a time. Multitasking doesn't make you more efficient, but more stressed!	01	02	03	04	05