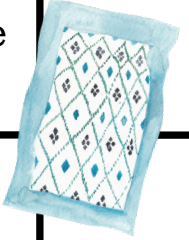


SUN	MON	TUE	WED	THU	FRI	SAT
						01 Happy first day of 2022!
02 Go for a long walk outside 	03 	04 Write down your goals for the year	05	06 Update your workout playlist 	07 Pick up a new book	08
09	10 Plan your meals for the week	11 Take five deep breaths	12 	13 Cook a batch of healthy soup	14 	15 Reflect on your boundaries
16 	17 Martin Luther King Jr. Day	18	19 Take an Enneagram test	20	21 Take ten minutes to stretch	22 Check out of social media
23 Whip up some healthy snacks	24	25	26 Clean out your closet 	27	28 Update your skincare routine	29 
30 Give an old friend a call	31 Donate your gently used clothing					

JANUARY 2022