



JANUARY

BUSY AGAIN?

S	M	T	W	T	F	S
					01	02
03	04	05	06	07	08	09
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Regain your focus
by asking a
WIN-ing question
What's Important Now?



FEBRUARY

DULL AND DARK

S	M	T	W	T	F	S
	01	02	03	04	05	06
07	08	09	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28						

Practice daily gratitude to
turn what you have into
enough

What are you grateful for today?





MARCH

SLEEP THIEF

S	M	T	W	T	F	S
	01	02	03	04	05	06
07	08	09	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Sleep well and you'll
live well.

What are you doing to support
your sleep?





APRIL

NEW SHOOTS

S	M	T	W	T	F	S
				01	02	03
04	05	06	07	08	09	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

Define your values to find
the fuel you need
What do you stand for?





MAY

WARM BREEZES

S	M	T	W	T	F	S
						01
02	03	04	05	06	07	08
09	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Slow down the beta waves with some outdoor alpha calm

What's your fresh air plan today?





JUNE

HALF-WAY

S	M	T	W	T	F	S
		01	02	03	04	05
06	07	08	09	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

Notice what you've
achieved that's mattered
most this year

What's the focus from here?





JULY

GARDEN LIFE

S	M	T	W	T	F	S
				01	02	03
04	05	06	07	08	09	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Cultivate happiness
by sowing more
positivity seeds

What's your happy hack today?



AUGUST

DOWNTIME

S	M	T	W	T	F	S
01	02	03	04	05	06	07
08	09	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Breathe. Really breathe.
Now breathe more slowly
What has that new rhythm
taught you?





SEPTEMBER

BACK TO SCHOOL

S	M	T	W	T	F	S
			01	02	03	04
05	06	07	08	09	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

Challenge yourself for a
healthy brain

What are you going to learn?





OCTOBER

SHORTER DAYS

S	M	T	W	T	F	S
					01	02
03	04	05	06	07	08	09
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Work. Move. Repeat.
Work. Rest. Repeat.

What's your pulse plan today?





NOVEMBER

HEARTY NIGHTS

S	M	T	W	T	F	S
	01	02	03	04	05	06
07	08	09	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

Nurture warm relationships to keep connections strong

What will you do to show you care?



DECEMBER

SEASON OF GOODWILL

S	M	T	W	T	F	S
			01	02	03	04
05	06	07	08	09	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Contribute to something
bigger than yourself

What will you give?

