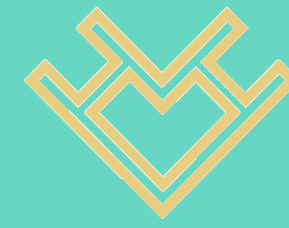


# 01 JANUARY



**BEGIN  
AGAIN**

SUN	MON	TUE	WED	THU	FRI	SAT
		<b>1</b> Make a list of what you want to accomplish this year.	<b>2</b> Pick at least one area of your budget to cut this year and set that money aside.	<b>3</b> List your positive qualities. Think about how to use them to grow this year.	<b>4</b> Today is a caffeine-free day.	<b>5</b>
<b>6</b>	<b>7</b> Personal Practice	<b>8</b> Resolution Work	<b>9</b> Condense your kitchen: donate dishes and appliances you no longer need.	<b>10</b> Create a SMART goal to help you improve one specific relationship.	<b>11</b> Have a completely sugar-free day.	<b>12</b>
<b>13</b>	<b>14</b> Personal Practice	<b>15</b> Resolution Work	<b>16</b> Organize your bathroom storage and dispose of expired or unused products.	<b>17</b> Journal about the highlights of last year and hopes for 2019.	<b>18</b> Spend at least 10 minutes meditating.	<b>19</b>
<b>20</b>	<b>21</b> Personal Practice	<b>22</b> Resolution Work	<b>23</b> Condense your closet: donate clothes you no longer wear.	<b>24</b> Write down one habit that you would like to change during the year.	<b>25</b> Try a new recipe!	<b>26</b>
<b>27</b>	<b>28</b> Personal Practice	<b>29</b> Resolution Work	<b>30</b> Say no to one unnecessary task today.	<b>31</b> Pick one specific relationship that you want to improve this year.		

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