

Daily routine and commitment to constant improvement

	Sunday, January 3	Monday, January 4	Tuesday, January 5	Wednesday, January 6	Thursday January 7	Friday, January 8	Saturday, January 9
Outside for 15 minutes							
Consider one new goal							
Independent fitness							
Appreciation							
Random act of kindness							
Learn something new							
10 deep breaths with eyes closed							
Organize or clean one thing							
Visualize something positive							
Write down one thing you like about yourself or are proud							