Better Me

DAILY COMMITMENT CHALLENGE CALENDAR

1 Set the goals you want to achieve	2 Write down what you're grateful for	3 Remove something negative	4 Think about 10 positive things	5 Message someone special	6 Eat 3 healthy meals today
7 Get outside for a 15 minute walk	8 Try something new today	9 Get 7-8 hours of sleep tonight	10 Spend time with loved ones	11 Unplug for a couple hours today	12 Treat yourself to some self-care
13 Clean & organise a room	14 Drink at least 10 glasses of water	15 Offer to help friends & family out	16 Smile more today & be positive	17 Pick up a new book to read	18 Take 30 minutes to meditate today
19 Cross something off your to do list	20 Forgive anyone you might need to	21 Enjoy the nature around you	22 Say 5 nice things about yourself	23 Throw out any excuses today	24 Watch a funny video or movie
25 Make sure to pack healthy snacks	26 Wake up an hour early & watch sunrise	27 Buy a plant to liven up your home	28 Take 10-20 minutes to stretch	29 Set some new goals for the next month	30 Keep committing to a better you
31 Celebrate how far you've come					

Get this new year started out on the right foot by committing to small positive actions daily. I challenge you this month to complete each day and cross it off! You'll be surprised at how much better you'll feel and how it will build momentum for the months to come this year.

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