

# JANUARY WELLNESS CALENDAR

An accountability resource to help start the year off with positivity, Yoga and focus on overall well-being.



**SERIOUSLY GOOD VIBES**

MOVE. BREATHE. BE WELL.

# January 2022

**1**  
-SET INTENTION  
-15 MINUTES YOGA

<p><b>2</b> -JOURNAL: 3 WEEKLY GOALS - YOGA BEFORE BED</p>	<p><b>3</b> - YOGA 30 MINUTES - 5 MINS MEDITATION</p>	<p><b>4</b> - JOURNAL: <u>3 THINGS TO BE THANKFUL FOR</u> -YOGA 15 MINUTES</p>	<p><b>5</b> -GET OUTSIDE - POWER YOGA 30 MINS</p>	<p><b>6</b> -YOGA 15 MINS -5 MINS MEDITATION</p>	<p><b>7</b> -GENTLE YOGA - TRY TO EAT 5 SERVINGS OF FRUITS AND VEGGIES</p>	<p><b>8</b> -POWER YOGA - ORGANIZE A SPACE IN YOUR HOME</p>
<p><b>9</b> -JOURNAL: 3 WEEKLY GOALS - YOGA BEFORE BED</p>	<p><b>10</b> - YOGA 30 MINS -TRY A NEW RECIPE</p>	<p><b>11</b> - JOURNAL: <u>WHAT WERE SMALL WINS LAST WEEK?</u> -YOGA 15 MINUTES</p>	<p><b>12</b> - DRINK ½ BODY WEIGHT IN OUNCES OF WATER -POWER YOGA 30 MINS</p>	<p><b>13</b> -YOGA 15 MINS -5 MINS MEDITATION</p>	<p><b>14</b> -GENTLE YOGA -WATCH A TED TALK</p>	<p><b>14</b> -POWER YOGA - MAKE TIME FOR RELAXING/ REJUVENATING SELF-CARE</p>
<p><b>16</b> -JOURNAL: 3 WEEKLY GOALS - YOGA BEFORE BED</p>	<p><b>17</b> -YOGA 30 MINS -TAKE A BREAK FROM TV, OR STREAMING FOR THE DAY</p>	<p><b>18</b> - JOURNAL: <u>WHO INSPIRES YOU AND WHY?</u> -YOGA 15 MINUTES</p>	<p><b>19</b> - START A NEW BOOK &amp; MAKE TIME TO READ DAILY -POWER YOGA 30 MINS</p>	<p><b>20</b> -YOGA 15 MINS -5 MINS MEDITATION</p>	<p><b>21</b> -GENTLE YOGA - TRY TO EAT 5 SERVINGS OF FRUITS AND VEGGIES</p>	<p><b>21</b> -POWER YOGA - ORGANIZE A SPACE IN YOUR HOME</p>
<p><b>23</b> -JOURNAL: 3 WEEKLY GOALS - YOGA BEFORE BED</p>	<p><b>24</b> -YOGA 30 MINUTES -DRINK LEMON WATER IN THE MORNING</p>	<p><b>25</b> - JOURNAL: <u>I FEEL LIKE MY BEST SELF WHEN...</u> -YOGA 15 MINUTES</p>	<p><b>26</b> - EAT PLANT BASED TODAY -POWER YOGA 30 MINS</p>	<p><b>27</b> -YOGA 15 MINS -5 MINS MEDITATION</p>	<p><b>28</b> -GENTLE YOGA - WATCH A DOCUMENTARY</p>	<p><b>28</b> -POWER YOGA -DO SOMETHING FUN WITH FRIENDS OR FAMILY</p>
<p><b>30</b> -JOURNAL: 3 WEEKLY GOALS - YOGA BEFORE BED</p>	<p><b>31</b> -YOGA 1 HOUR -JOURNAL- REFLECT ON INTENTION.</p>	<p>Write down your one word intention for the year in this space. This could align with your resolution, or it can be something on your heart that you want to focus on this year. Its okay if you don't have this figured out on Day 1, so whenever you feel it, document it here.</p> <p style="text-align: center;"><b>Intention:</b> _____</p>				