

# Jubilant January

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Here is calendar with ideas and strategies to help you start the year in a positive and productive way! <b>Week 1: Motivation &amp; Goal Setting</b> <b>Week 2: Triumph</b> <b>Week 3: Joy</b> <b>Week 4: Resilience</b> <b>Week 5: Creativity</b>		1 Start off this year by setting goals that are motivating for you - goals relating to the priorities of your life.	2 Utilize SMART goals: <ul style="list-style-type: none"> <li>• Specific</li> <li>• Measurable</li> <li>• Attainable</li> <li>• Relevant</li> <li>• Time Bound</li> </ul>	3 Write down your goals for the year. This will help you hold yourself accountable to reach them.	4 Make action plans to help you reach your goals. Plan out how you will achieve your desired outcome step by step.	5 Keep with it!  Don't give up on your goals and keep working towards reaching them.
6 Practice reflecting on whether you over-react to problems or obstacles that can lead to rash decisions. Make adjustments as needed.	7 Accept the reality of your present time. This will help with a more realistic outlook on how to reach your goals.	8 Practice not blaming others, always take full responsibility for your own actions and decisions.	9 Practice detachment. When you can take a step back from situations, many of your fears and insecurities will disappear.	10 Work to not overanalyze situations that can take your focus off of achieving your goals and bring more long-term frustration.	11 Accept "changes" in your life. Train your mind to be at peace regardless of the emotional states you may experience.	12 Don't compare yourself to others! You are creating your own story and success in life - Work towards it!
13 <b>Practice Kindness!</b> Make time for others and be selfless.	14 <b>Stay active!</b> Being active releases endorphins and endorphins make you happier!	15 <b>Live in the moment.</b> Try no to get caught up in the problems of the past or uncertainty of the future.	16 <b>Try something new!</b> We lose joy in our lives when our days are too repetitive, shake things up a bit!	17 <b>Embrace your inner child!</b> Find ways to play in your day-to-day life. You're never too old to go to a playground and play tag!	18 <b>Stimulate your senses!</b> Our senses are directly connected to the pleasure centers of our brain.	19 <b>Feel accomplished!</b> Practice joy in what you do: whether its a jigsaw puzzle, building a birdhouse, or even dinner.
20 <b>Make connections.</b> Accepting support and help from those who care will help to strengthen resilience.	21 <b>Avoid looking at crises as insurmountable.</b> Stressful life events happen, but you can change how you interpret and respond to these events.	22 <b>Take decisive actions.</b> Act on adverse situations as much as you can. Be active in trying to change and improve your situation.	23 <b>Look for opportunities of self-discovery.</b> Personal struggles or loss can teach us a lot about ourselves. Use those situations to learn more about yourself.	24 <b>Nurture a positive view of yourself.</b> Developing confidence in your ability to solve problems and trusting your instincts helps build resilience.	25 <b>Maintain a hopeful outlook.</b> An optimistic outlook enables you to expect good things will happen in life. Visualize what you want rather than worrying about what you fear.	26 <b>Take care of yourself.</b> Pay attention to your own needs and feelings.
27 Work on your creativity. Creativity stimulates us to be more mindfully in tune with our overall lives. It also calms our nervous system, decreases anxiety, and helps restore balance.	28 Start a project. The current of creativity is like a river finding its sea. It always leads to bigger waters. Even a small creative project might open us to whole new possibilities.	29 Go out of your way to make others feel appreciated. Maybe give a friend or family member a handwritten note or bring a coffee to a work colleague.	30 As we attend to our creativity, we feel better about ourselves. This simple act of showing ourselves compassion serves our self-respect and confidence.	31 When we listen to ourselves we realize that we're being led by something much greater than us. The more we listen, the more astounded we are by what lives inside us.	<p style="text-align: center;"><b><i>We will open the book. Its pages are blank. We are going to put words on them ourselves. The book is called Opportunity and its first chapter is New Year's Day."</i></b>  <b><i>- Edith Lovejoy Pierce</i></b></p>	

