2027

JANUARY

A Month of Momentum

One small push a day

MON	TUE	WED	THU	FRI	SAT	SUN
				1  New Year's Write down one goal for this month in one sentence	2  Do the first two minutes of a task you have avoided	3  Tidy your desk before you start work
4  Pick the one thing that would make today a good day	5  Say your plan out loud to someone	6  Finish one small task before checking your phone	7  Write what you will do tomorrow morning	8  Ask someone you respect for one piece of advice	9  Do one thing today that feels slightly uncomfortable	10  Look at your goal and cut it in half
11  Work for 25 minutes with no interruptions	12  Write down one thing you are proud of so far	13  Move your body for ten minutes	14  Remove one thing that distracts you	15  Halfway: write what has worked and what has not	16  Start with the hardest part for ten minutes	17  Tell a friend what you are working toward
18  MLK Day Say no to one thing that is not important	19  Plan tomorrow in three lines before you sleep	20  Do a small favor for yourself that helps tomorrow	21  Review your progress and give yourself credit	22  Learn one new thing about your goal	23  Try a different way to do the same task	24  Rest for ten minutes, then continue
25  Write down a worry about your goal and one step for it	26  Share one small win with someone	27  Do the task you least feel like doing first	28  Read your goal again and check it still matters	29  Do one thing now that your future self will thank you for	30  Write what you will keep doing next month	31