JANUARY

A Month of Positive Psychol...

Hope and goals. One small habit for well-being a day.

2027

MON	TUE	WED	THU	FRI	SAT	SUN
				1 **New Year's** Write one small hope for this year	2 Write down three good things that happened today	3 Choose one small goal for this week
4 Describe your best possible day in a paragraph	5 Write what you want more of this year	6 Do one small step toward a goal	7 Tell someone about something you hope for	8 Name one thing that is going well right now	9 Break a big goal into three small steps	10 Write about a time hope helped you
11 Notice one thing you look forward to this week	12 Remove one small obstacle in your way	13 Write a plan for when you feel stuck	14 Give yourself credit for starting	15 Read about something that inspires you	16 Say out loud: I can try	17 Choose a word to guide your year
18 **MLK Day** Ask a friend what they hope for	19 Do one thing today for your future self	20 Notice a small win	21 Write down why your goal matters to you	22 Spend ten minutes on something you want to try	23 Imagine yourself next December, doing well	24 Share one goal with a person you trust
25 Notice what gives you energy	26 Plan a small reward for a step you take	27 Make a short list of things that help you	28 Take a walk and think about your hope	29 Write what you will do on a hard day	30 Review your first month with kindness	31 Write three small wins from this month