

URLIFE WELLNESS CALENDAR

JANUARY 2022

- 01 Decide on three things you wish to accomplish this year.
- 02 Write down five qualities you love about yourself.
- 03 Try a new activity.
- 04 Go for a jog or start running.
- 05 Meditate for fifteen minutes in the morning.
- 06 Schedule a doctor's appointment for a regular checkup.
- 07 Remember to moisturise well for winter.
- 08 Get yourself moving for 15 minutes for every hour you spend sitting.
- 09 Compliment a loved one.
- 10 Reduce screen time. Turn off your devices before 10 pm.
- 11 Stay hydrated, drink water before you feel thirsty.
- 12 Declutter and organise your room.
- 13 Read for twenty minutes.
- 14 Have a heart-healthy meal rich in antioxidants and Omega-3 fatty acids.
- 15 Leave your work at the office.
- 16 Evaluate your progress with your New Year's resolutions.
- 17 Indulge your sweet tooth.
- 18 Do a random act of kindness.
- 19 Remember to take deep breaths in stressful moments.
- 20 Make that phone call. Reach out to your family or that long lost friend.
- 21 Wake up early in the morning.
- 22 Spend quality time with your family.
- 23 Eat your meals at a fixed time.
- 24 Tell your partner that you love them.
- 25 Go to bed early.
- 26 Pick up an old hobby.
- 27 Reflect on the positives of your day.
- 28 Get some sunshine.
- 29 Schedule some me-time.
- 30 Whip up a fun breakfast.
- 31 Write down five things you are thankful for.