

JANUARY 2019

New Year, Fresh Start!



31 Ways to Start the New Year Right

Start

JANUARY 1
Say a prayer for someone who really needs it.

JANUARY 2
Go for a walk and smile at people you see along the way.

JANUARY 3
Hold a door open for a stranger.

JANUARY 4
Volunteer an hour of your time somewhere your help is needed.

JANUARY 5
Send someone a handwritten letter to let them what they mean to you.

"Yesterday is gone. Tomorrow has not yet come.
We have only today. Let us begin."

— MOTHER TERESA

JANUARY 6
Pay for someone's morning coffee.

JANUARY 20
Write down three things that you are grateful for today.

JANUARY 21
Leave a secret treat for a colleague, friend, or neighbor. Never admit it was you!

JANUARY 22
Plant a few seeds and watch things grow!

JANUARY 23
Set your alarm tone to your favorite song — start your day with a good groove!

JANUARY 7
Give a compliment to the first person you see.

JANUARY 19
Dance to four of your favorite songs as a mini-workout!

JANUARY 30
Say a prayer for someone who challenges you in your life.

JANUARY 31
You made it! Give yourself a pat on the back. How will you make 2019 a good one?

JANUARY 24
Write down all the things you love about a friend and send it to him or her.

JANUARY 8
Drink eight glasses of water — the recommended daily dosage!

JANUARY 18
Send someone an unexpected and thoughtful gift.

JANUARY 29
Do something positive that scares you a little bit.

JANUARY 25
Apologize to someone who you know deserves it.

JANUARY 9
Smile more — positive energy is contagious!

JANUARY 17
Find something in your closet and give it away.

JANUARY 28
Start the day by meditating.

JANUARY 27
Call someone you haven't spoken to in a while.

JANUARY 26
Listen to a podcast — we love PrayAsYouGo.org.

JANUARY 10
Try a different commute to work: walk, ride a bike, or take public transport.

JANUARY 16
Have a complaint-free day!

JANUARY 15
Leave a favorite book on a bench for a stranger to find.

JANUARY 14
Sing aloud to a favorite song!

JANUARY 13
Try being a vegetarian for a day.

JANUARY 12
Shut the lights off whenever you leave a room.

JANUARY 11
Bring your own coffee to work today (in a reusable cup) — save a few bucks and the planet!