

anuary 2023

WED SUN MON TUE THU FRI SAT



02 New Years **DECLARATION**

IN THIS NEXT SEASON OF MY LIFE I WILL BRING NEW LEVELS OF COURAGE, CONFIDENCE, AND ONSISTENCY. I WILL NOT LET FEAR HOLD ME BACK.

7 want this. 7 deserve this. 7 am determined to have it. 03 Set a monthly goal that is regularly

attainable Short-term goals minimize procrastination and keep you [6] motivated over time.



HAVING HEALTHY KIDS, Starts with Healthy parents!

The best way to help them find a healthy weight is to offer nutrient dense food and get them active. The best way to get them active, is to do it with



05



something fun with family and friends tonight!

Be so busy in improving yourself that you have no time to criticize others.

07

08 SLOW COOKER MEAL PREP FOR

Add to the slow cooker and cook for 4-6 hours

- · Chicken breast
- Minced garlic chopped onion

· Salt & Pepper

Optional: bell peppers, mushroom

<u>09</u> SLOW COOKER

MEAL Using the prepped chicken SHREDDED





Using the prepped chicken CHICKEN SALAD



11 SLOW COOKER MEAL

Using the prepped chicken CHICKEN **ALFREDO**

To improve your

mood, exercise



12 SLOW COOKER

MEAL
Using the prepped chicken CHICKEN AND **BROCCOLI**



13 SLOW COOKER MEAL

Jsing the prepped chicken CHICKEN SALAD SANDWICH



To think more clearly, meditate

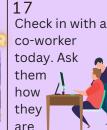
15

superpower. Once you start believing in yourself and quit verthinking, replaying faile scenarios and feeding self oubt, magic starts happe

16



To understand the world, volunteer



are doing

DRINK YOUR WATER



19

Be that person who roots for others. Who tells a stranger they look amazing and encourages others to believe in themselves and their dreams.

20

Dinner Plans? Tips for eating out:

1. Make sure you workout to burn the extra calories you may eat at dinner.

2. Order water to drink and drink a full glass before your food comes.

3. Eat half your meal and take the other half home

21

14

Try a yoga class with friends.

terwards share



22 Take some time for yourself today

Remember: taking care of yourself, is taking care of others.



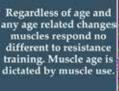
Let's fit in a morning walk!



24 Give someone a Compliment



25



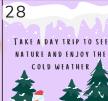
26 Feeling stressed?

Rub some lavender oil between your palms and take a couple deep breaths

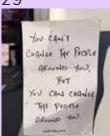




To understand yourself, write.



29



30

NO FAST FOOD CHALLENGE



Challenge yourself to skip the drive thru line this week



To learn faster, Have fun doing it.



15 MIN EXPRESS WORKOUT

(2-4 days /week)



Push up x 12

Arnold press x 12

Plank jacks x 30 seconds *Use weights or resistance bands when able