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1
NEW YEAR'S DAY

2
MAKE A LIST OF YOUR ACHIEVEMENTS IN 2019

3
WRITE A LETTER TO YOUR FUTURE SELF WITH YOUR GOALS FOR 2020

4
WORLD BRAILLE DAY

5
PREPARE SOME MEALS FOR THE NEXT FEW DAYS

6
START A GRATITUDE JOURNAL, WRITE ONE GOOD THING FOR EACH DAY

7
SET A SOCIAL MEDIA TIME LIMIT TO STICK TO EVERY DAY

8
READ FOR 10 MINUTES EVERY DAY FOR THE REST OF JANUARY

9
TRY A BRAIN TRAINING GAME

10
SPEND TIME WITH PEOPLE WHO INSPIRE YOU

11
DECLUTTER YOUR LIVING SPACE

12
NEWSLETTER RELEASE

13
TAKE A DIFFERENT ROUTE TO SCHOOL/WORK

14
STIQ DAY

15
TRY A NEW FOOD TODAY

16
WATCH A 'HOW-TO' VIDEO ON YOUTUBE

17
TEACH A FRIEND WHAT YOU LEARNT YESTERDAY

18
VISIT A LOCAL PLACE YOU'VE NEVER BEEN TO BEFORE

19
NATIONAL POPCORN DAY

20
NO NAME CALLING WEEK

21
NATIONAL HUG DAY

22
EXPOSE YOURSELF TO NATURAL LIGHT - GO FOR A WALK OUTSIDE

23
TRY AN EXERCISE ROUTINE

24
NATIONAL COMPLIMENT DAY

25
VOLUNTEER FOR A LOCAL CAUSE

26
NEWSLETTER RELEASE

27
LISTEN TO MUSIC YOU WOULDN'T NORMALLY LISTEN TO

28
LISTEN TO A PODCAST

29
REACH OUT AND TELL SOMEONE HOW YOU'RE FEELING

30
YOUNG CARERS AWARENESS DAY

31
WATCH A TED TALK TODAY

JANUARY 2020

"No matter who you are, no matter what you did, no matter where you've come from, you can always change, become a better version of yourself."

MADONNA

WWW.TEENHELP.ORG

