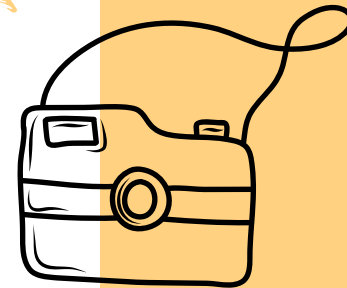


Happy  
New Year



VEGANUARY

JANUARY 2023



1 NEW YEAR'S DAY	2	3 WAKE UP EARLY	4 SET INTENTIONS FOR YOUR DAY	5	6	7 NOTICE COLORS AROUND YOU
8 CONSIDER YOUR GOALS	9	10 HOUSEPLANT APPRECIATION DAY	11	12 AVOID USING YOUR SMARTPHONE OR OTHER DEVICES FOR AN HOUR AFTER WAKING	13 GOLDEN SUNRISE NATURE RELAXATION VIDEO	14 VISUALIZE THE SUNRISE
15	16 MARTIN LUTHER KING JR. DAY	17 TRY A NEW HOBBY OR ACTIVITY	18	19 	20 TAKE A WALK OUTDOORS DAY	21 
22	23	24 COMPLIMENT DAY	25	26 PHOTOGRAPH THE SUNRISE	27 GIVE YOURSELF A HUG	28
29 REDUCE DISTRACTIONS	30	31 INSPIRE YOUR HEART WITH ART DAY				