

JANUARY: NEW BEGINNINGS

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		DRY JANUARY	1 NEW YEAR'S DAY	2	3 REFLECT ON YOUR PROGRESS SO FAR	4
5 CREATE NEW GOALS FOR YOURSELF	6	7 PRIORITISE YOUR GOALS	8	9 CONSIDER ANY BARRIERS THAT ARE STOPPING YOU	10	11 MAKE PEACE WITH THE PAST
12	13 TRY CONFRONTING A FEAR	14	15 START A NEW ROUTINE	16	17 TRY SOMETHING OUTSIDE YOUR COMFORT ZONE	18
19 DECLUTTER YOUR PERSONAL SPACE	20	21 SPEND TIME WITH PEOPLE WHO INSPIRE YOU	22	23 WRITE DOWN YOUR VALUES IN LIFE	24 'JUST DO IT' DAY	25
26	27 FIND SOMETHING NEW TO LEARN	28	29 TRY SOME NEW FOOD	30	31 HOLD ON TO THE GOOD THINGS	



Happy
New Year!