

ONE YEAR TO A NEW AND Improved YOU

KEEP IT SIMPLE. STAY ON TRACK

JANUARY

GIVE UP SODA

Drink water instead. Take your body weight, divide it in half. This is how many ounces of water you should drink a day.

FEBRUARY

EAT MORE VEGETABLES

Add 1 new vegetable to your diet every week this month. Try to consume 3 vegetable per day. You can do it. Your body will thank you.

MARCH

MAKE EXERCISE A PRIORITY

Exercise has been proven to better your mood, lower your weight, release endorphins, improve energy and lengthen you life. Do 30 minutes 5 days a week.

APRIL

MEDITATE

Don't look at your devices. Wake up and start with 5 minutes of meditation a day. Meditation is a powerful tool that can change your life.

MAY

BE GRATEFUL

Gratitude is one of the most powerful feelings. Start a gratitude journal. Write down 5 things a day you are grateful for and watch your life transform.

JUNE

START DOING YOGA

Yoga is incredibly beneficial. Start doing 10 minutes a day and work up. It can help cure many body aches and pains

JULY

LIFT OTHERS

Compliment or help at least one person a day. Not only will you make them happy, but your happiness will increase

AUGUST

GET MORE SLEEP

Turn your devices off at least 30 minutes before going to bed. Try to go to bed a little earlier than your normally would. Make sleep a priority.

SEPTEMBER

UNPLUG

Take time every day to unplug from technology and just be with your thoughts. It's amazing how freeing it is and how inspiration will strike.

OCTOBER

READ

Try reading a book every week this month. Reading invigorates the mind and helps our focus improve. Plus, there's nothing like getting lost in a book

NOVEMBER

AVOID THE NEGATIVE

If there is negativity in your life, get away from it. If there is a negative someone in your life, take time away from them. It's amazing how light you'll feel.

DECEMBER

LOVE YOUR FLAWS

Like a stained glass window, sometimes it's our flaws that make us beautiful. Look in the mirror every day and see your flaws as unique and beautiful.

