

***I CHOOSE
WHAT I GO TO
AND WHAT
I FLOW
THROUGH***

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JANUARY 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 ★ Celebrate all the ways you grew in 2021 <small>NEW YEAR'S DAY</small>
2 Trust yourself!	3 Do a 5 minute meditation on gratitude	4 Challenge yourself!	5 ★ Smile as much as possible	6 Focus on your posture - shoulders back, head HIGH!	7 Determine your priorities	8 Acknowledge the sacrifices you need to make to reach your goals
9 ★ List 4 things you have accomplished that you are proud of	10 End something old and start something new	11 ★ List the 4 most important goals you have for this year	12 List 1 way you can stop being so critical of yourself	13 Create a list of 7 things you are grateful for	14 Stretch for 10 minutes	15 Avoid complaining all day
16 List 20 things you want to accomplish in the next 10 years	17 Volunteer or do a good deed <small>MARTIN LUTHER KING JR. DAY</small>	18 ★ Prepare a healthy meal for yourself or those you love	19 Speak up for something you believe in	20 List 3 people you want to strengthen your relationship with this year	21 ★ Choose your power word for the year!	22 Participate in an engaging activity
23 Lend a helping hand <hr/> 30 ★ Enjoy a hot cup of tea	24 Express gratitude for your life <hr/> 31 Let go of something you've been holding onto	25 Be intentional with your words and actions	26 Spread positive energy	27 ★ Work out with a loved one, friend or partner	28 Identify a stressor in your life and one way to shift it	29 Spend time resting and relaxing

On days marked with a ★ share how you're participating and enter to win a prize from one of our BLACK BUSINESS collaborators. Can you collect all 8 stars?

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