2025

January

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 Write down 3 things you want for yourself and share it with me	2 Morning stretch routine to wake up your body	3 Digital detox: Turn off your phone for an hour or two.	4 Journal your thoughts, dreams, worries, get them all down.	5 Make a ritual out of enjoying your favourite warm drink.
6 Take a walk in nature. Breathe deeply and let the fresh air rejuvenate you.	7 Find a recipe you want to try and spend the day cooking	8 Pamper your body, try a face mask or paint your nails.	9 Write down 3 things you're grateful for.	10 Set up your bedroom for cosiness—clean sheets, candles, comfort movie.	11 Dance, do yoga, or take a workout class. Enjoy the movement!	12 Sleep-in Sunday, stay in bed and recharge.
13 Listen to Music: Create a playlist that uplifts your mood.	14 Vision Board: Visualise your dreams through pictures, quotes, and colours.	15 Call a Friend or Family Member to catch up.	16 Random Act of Kindness: Compliment someone, or donate to a cause.	17 Spend your day laughing, watch a comedy or read a funny article	18 Treat yourself for something you accomplished this month or just for fun.	19 Explore a new hobby or revisit one you loved as a child.
20 Repeat your favourite relaxation day	21 Arrange a day out	22 Download one of Soulla's books and get reading!	23 Reorganise your bookshelf, declutter a space that's been bothering you	24 Read a dictionary for 10 minutes and share a new word you learnt with me.	25 If you could sit down with your favourite book character what would you talk about?	26 Listen to your favourite song and sing along.
27 Write down 3 things you love about yourself.	28 Spend 20 minutes drawing, writing, or engaging in a creative activity.	29 Go to bed an hour earlier and prioritise rest.	30 Repeat your favourite relaxation day.	31 Sit quietly and think about what January has taught you.		