

Personalize your well-being calendar

A well-being calendar is a tool to promote and develop healthy habits as well as encouraging, supporting and making positive behavior change. Making a well-being calendar helps develop a planning, organizing and prioritizing mindset while encouraging self-reflection and revisiting values and interests. Personalizing a well-being calendar allows for creativity to flow as well as making it fun.

Select a word of the year

One way to personalize your well-being calendar is to select a “word of the year” to focus your goals and activities. This word would ideally describe how you want to be, think, feel and do. You can choose your word of the year by doing some or all of the following:

1. Write down all the words that come to you: family, resilient, patient, healthy, cozy etc.
2. Think about what you need in the new year as well as what qualities you would like to strengthen.
3. Look at the words you wrote down and determine which one “speaks” to you.
4. Use your word to focus as you write out goals and activities in your calendar.

Use writing prompts for direction

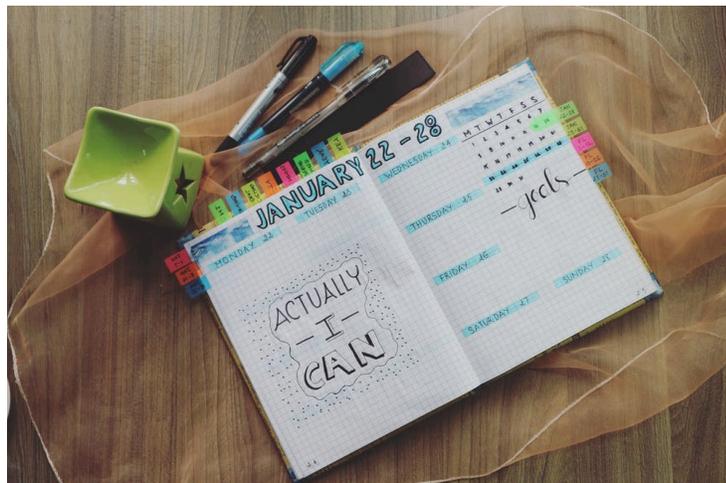
Guided writing prompts can be another effective way to determine what should be on your calendar.

- How will I make next year matter?
- How will I take care of myself?
- What will I do to improve myself?

Add in fun or unusual observances

Mix it up by adding fun observances that can also improve your well-being. Here are a few for January:

- National Oatmeal Month – replace your breakfast with steel cut oats and fruit 1-2 times a week.
- Jan. 12 is National Hot Tea day – have a cup of herbal tea and listen to some great music.
- Jan. 24 is National Compliment Day – call a friend or family member and give them a compliment.
- Jan. 29 is National Puzzle Day – put a jigsaw puzzle together with your family or spend time doing a crossword or word search puzzle.



Source: blessingmanifestation.com