



JANUARY 2018

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

	<p>Ditch New Year's resolutions. Name your year instead. See examples by going to www.houseofshine.com/blog and search Year of Project.</p>	<p>Organize a closet or drawer to start the New Year off on a good note.</p>	<p>Thank someone you know shines. Decorate a yellow envelope and drop it in the mail.</p>	<p>Call an old friend to wish them the best in the New Year.</p>	<p>Jump start your life in 2018. Buy a set of DO52 sticks.</p>	<p>In a nod to National Technology day, clean up and organize files on your computer.</p>
<p>Using the letters S-H-I-N-E, list 5 things that would make your New Year extra special.</p>	<p>Invite your family to a special, sit down dinner with all the trimmings.</p>	<p>Commit to exercising more this week.</p>	<p>Declutter the junk drawer.</p>	<p>Take a quiet walk.</p>	<p>Become a mentor either formally or informally.</p>	<p>Go online or look through a magazine or cookbook. Find one new, healthy recipe to prepare.</p>
<p>Create a vision board. When finished, display it where you will see it daily.</p>	<p>Organize your closet and donate clothes you no longer want or need.</p>	<p>Volunteer at a local charity.</p>	<p>Plan ahead for the weekend to spend Saturday exploring a museum with the family.</p>	<p>If winter months find you wishing for some sunshine, get out yellow paper and markers and make a big sun to post.</p>	<p>Sign up for a lecture at a local library. Learn something new this month.</p>	<p>Encourage a member of your family to try something new with you.</p>
<p>Do a random act of kindness this weekend and stop at a senior center to cheer up the residents.</p>	<p>Put on some jazz or other fun music while cleaning.</p>	<p>Take a deep breath.</p>	<p>Laugh a big, belly laugh! It's sure to make you happier.</p>	<p>Buy ingredients to make a few extra meals to put in the freezer for a busy day down the road.</p>	<p>Revisit your vision board.</p>	<p>Stop, relax, breathe.</p>
<p>Bundle up and take a walk around the neighborhood.</p>	<p>Dust off an old puzzle. Take time to work it.</p>	<p>Start a group text and send a motivational text to your friends today.</p>	<p>Inspire your heart with art. Try creating something special today.</p>			