

Week 1

Bake and pass out
the goodies at
work or to friends.
Everyone loves an
unexpected baked
good!



Week 2

Send a hand-written note to someone who has made an impact on your life.



Week 3

Make your bed before
you leave for
work/school. This can
be your guaranteed
win for the day.



Week 4

Find one good daily newsletter, and read it as often as possible. The knowledge you will gain from that one email a day will be priceless.



Week 5

Select a word that inspires you and post it all over.

Get a bracelet, make it your home-screen, write it on your mirror. Use it to remind you of your goals.



Week 6

Unfollow everyone whose social media stresses you out. It's so easy to make social media negative - take this step to make it more positive.



Week 7

Make time for yourself
once a week. Nothing
combats burnout like
a bath every
Wednesday night.



Week 8

Breathe
(in 4 counts,
out 8 counts).



breathe

Week 9

Try a new recipe! Go to the farmers market and pick out the weirdest looking veggie - and then make a recipe out of it!



Week 10

Donate time, money, or supplies to a charity that is meaningful to you. Or make giving back a fun activity with friends.



Week 11

Make your morning stress-free. Put your outfit out the night before, set your coffee up to brew, packing your lunch, put your car keys in a logical spot.



Week 12

Take a moment to ask
someone how they're
doing.



Week 13

Instead of sitting in a conference room or behind a desk, schedule some of your meeting as walking meetings. Especially when it's nice out!



Week 14

Pick one new hobby to try out with your friends or significant other.



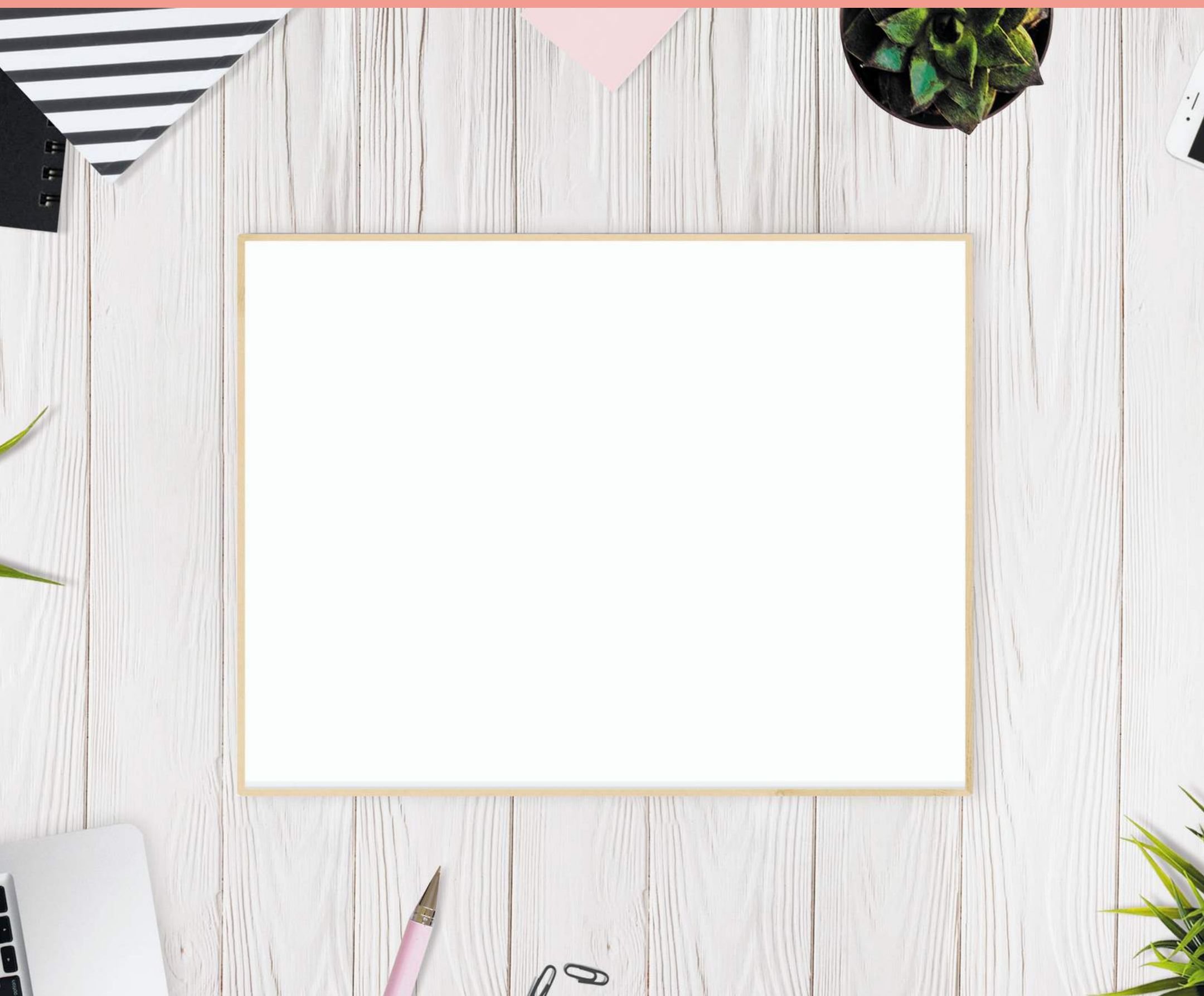
Week 15

Sign up for a library card!
In our digital world, there
is something so nostalgic
about checking out a
library book.



Week 16

Get a white board just for your goals. Once you achieve one cross it off and write an even bigger one. You can watch your goals continue to grow.



Week 17

Make the most of your commute. Sign up for an audible membership or ask your friends to suggest their favorite podcasts to you.



Week 18

Deep clean your fridge and
get rid of expired food.
Scrub the shelves. Enjoy the
satisfaction decluttering
brings.



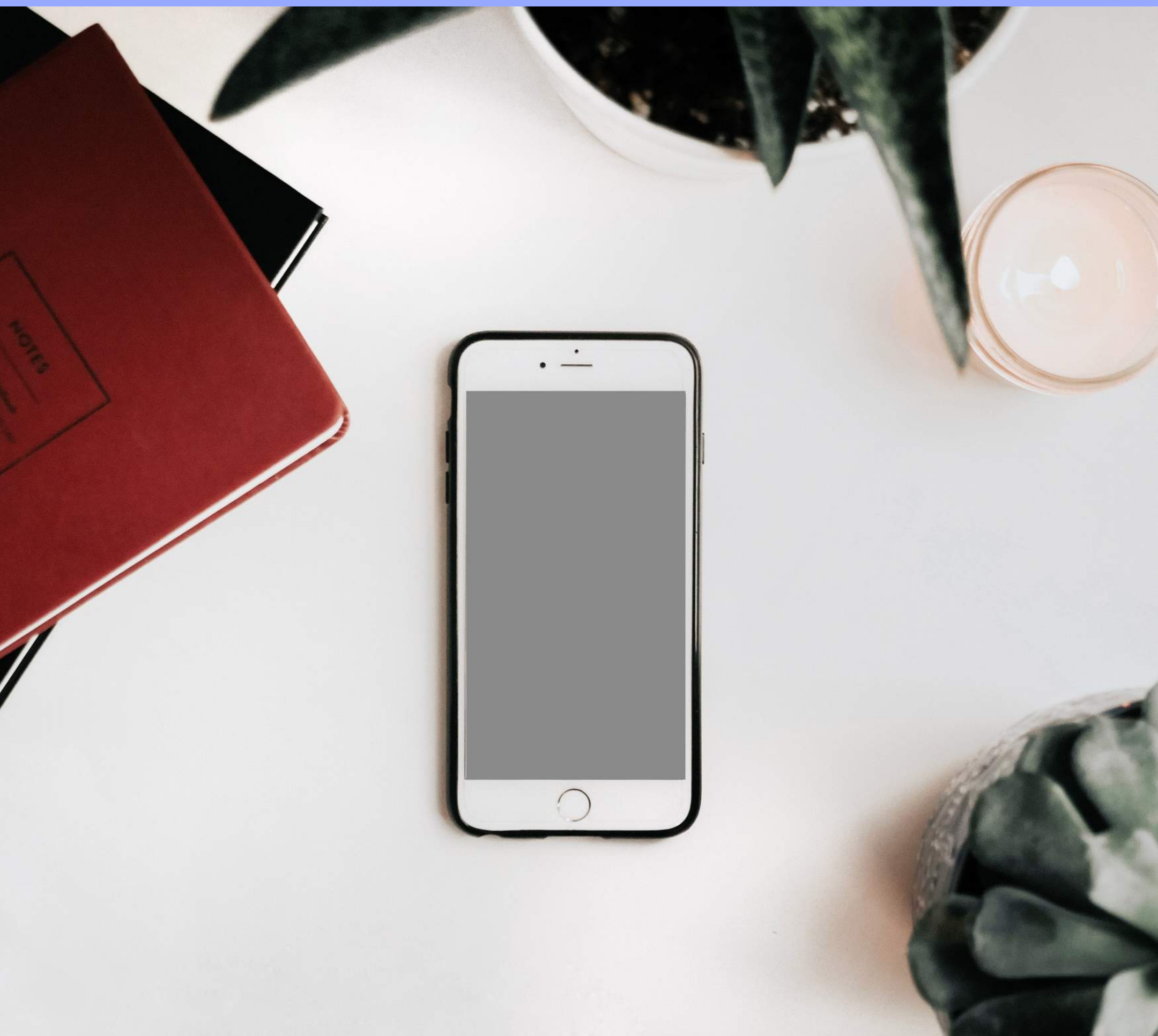
Week 19

Listen without judgment.



Week 20

Put your phone down and talk to people when you're in line or in the elevator. If you can't think of anything else, compliment them.



Week 21

Schedule regular check-ins with your boss. Make it a point to prepare for them and make the most of them.



Week 22

Research free events in
your community... and then
attend one!



Week 23

Refresh your decor with a new art print or pillow.



Week 24

Reduce your digital clutter by unsubscribing from junk email. Unroll.me is a great tool for this.



Week 25

Learn how to ship your work.

You love to write, start a blog. You are an artist, start an Etsy shop. You do photography, contribute to a stock photo site.



Week 26

Commit to maintaining a sleep schedule. Yes, even on the weekends.



Week 27

Stop letting your phone control you. Turn off your notifications or try an app like Forest to stay focused and present.

Start planting today!



Week 28

Start a smile file! Keep a journal or file on your desktop of all the wins, compliments and good times. Look at it when you're having a rough day.



Week 29

Buy lots of chapsticks. It's hard to be in a good mood when your lips are chapped.



Week 30

Buy yourself an adult coloring book (or child if you prefer!). Allow yourself 10 minutes to color when you are feeling stressed or anxious.



Week 31

Plan a potluck
dinner with friends
or coworkers.



Week 32

Take a daily walk
around the block
or in a place that
you find relaxing.



Week 33

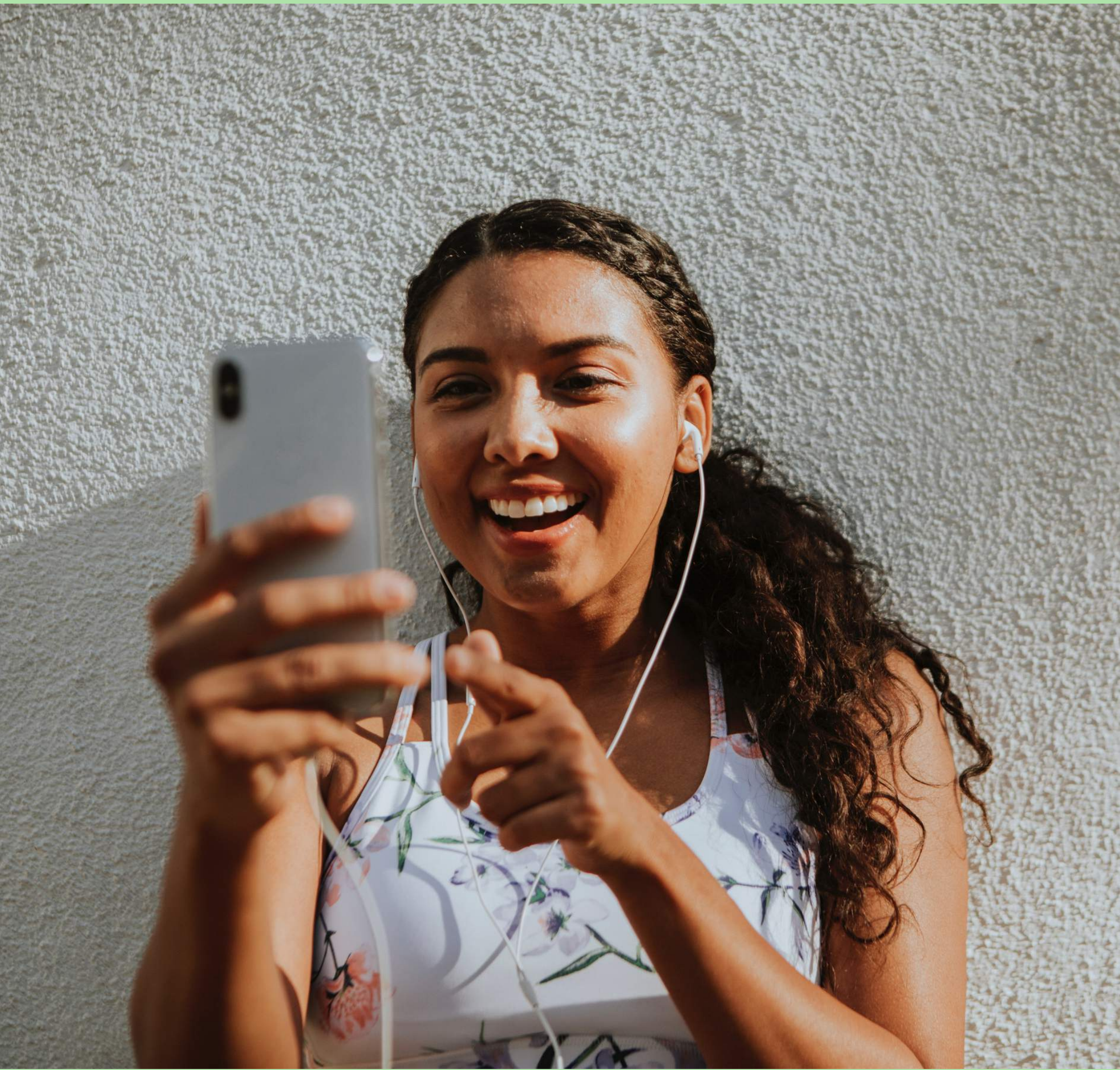
Hang twinkle lights
somewhere in your house.

They add such a great
ambiance, and it makes your
guests feel more welcome.




Week 34

Schedule regular phone calls or FaceTime dates with friends who are far away.



Week 35

Focus not on doing less or
doing more but on doing
what you value.

A close-up photograph of a person's clenched fist, with the back of the hand facing the camera. The word "FOCUS" is tattooed in a bold, black, sans-serif font across the back of the hand. The background is a blurred green, suggesting foliage.

FOCUS

Week 36

Practice random acts of
kindness.



Week 37

Buy yourself a houseplant
(and try not to kill it).

Better yet, buy one for a
friend. Try Bloomscape to
help with this!



Week 38

Make it a goal to read 25 pages of a book per day.

Try doing this in the morning, on your commute or before bed.



Week 39

Get to know your
colleagues over lunch or
coffee.



Week 40

Start a gratitude journal.
Write down 3 things you
are grateful for each day.

If a journal is too old
school, store this in notes
on your phone.



Week 41

Re-watch your favorite
childhood movies.



Week 42

Create a vision board. Cut out images and words from magazines that inspire you or remind you of your goals for the year.



Week 43

Meal prep on Sunday's for the week to help you eat healthy and save money.



Week 44

Reconnect with your roots.
Visit one place that was
special to you in your
childhood.



Week 45

Make a physical photo album and send the book to a friend or loved one.

Shutterfly is a great platform to use and often has deep discounts.



Week 46

Feeling overwhelmed with your To-Do List, make a "Ta-Da-List! " to remind yourself of what you've already accomplished.



Week 47

Allow yourself to reserve
some time to research a
topic that is exciting to you
and not work related.



Week 48

Make 3 new friends this year. Join a group or create a group to make it happen. Meetup is a great place to start.



Week 49

Feeling cluttered and overwhelmed with the amount of stuff you have? Host a Take My Stuff Party, If anything is left over, donate your goods.



Week 50

Try out a new type of food
that you've yet to
experience.



Week 51

Buy a few of your favorite childhood stories, get cozy, drink hot chocolate and reread them to yourself.



Week 52

Try out a new one of these tips each week of 2019 (did you think 52 was just a random number?!).

