

January Jumpstart

1 sunday	monday	tuesday	wednesday	thursday	friday	saturday
<p>Set a 1-word intention for the year/month</p> <p>8</p>	<p>2</p> <p>Set up an Outbox</p>	<p>3</p> <p>Throw out old makeup</p>	<p>4</p> <p>Wear bold lipstick</p>	<p>5</p> <p>Text a friend a compliment</p>	<p>6</p> <p>Wear something "too fancy"</p>	<p>7</p> <p>Clean out your socks and underwear</p>
<p>Technology fast: engage your values</p> <p>15</p>	<p>9</p> <p>Wear something you haven't worn in over a year</p>	<p>10</p> <p>Write down your Juicy Vision</p>	<p>11</p> <p>Set up a Memory Box</p>	<p>12</p> <p>Make plans to go on a date with a friend or partner</p>	<p>13</p> <p>Catch up day!</p>	<p>14</p> <p>Wear a work top on the weekend</p>
<p>Put 10 things in the Outbox</p> <p>22</p>	<p>16</p> <p>Write an affirmation and post it up</p>	<p>17</p> <p>Wear something "too fancy"</p>	<p>18</p> <p>Make a list of 10 things you're grateful for</p>	<p>19</p> <p>Notice an outfit habit you have</p>	<p>20</p> <p>Write a "just thinking of you" card</p>	<p>21</p> <p>Clean out your workout clothes</p>
<p>Technology fast: engage your values</p> <p>29</p>	<p>23</p> <p>Catch up day!</p>	<p>24</p> <p>Order something to try on that's out of your comfort zone</p>	<p>25</p> <p>Wear something you haven't worn in over a year</p>	<p>26</p> <p>Tell someone you admire why you admire them</p>	<p>27</p> <p>Make a "Ta-Da!" List</p>	<p>28</p> <p>Go to the dry cleaner's</p>
<p>Sort your closet by color and item type</p>	<p>30</p> <p>Treat yourself to something on your wishlist</p>	<p>31</p> <p>Empty your Outbox</p>				

