

JANUARY 2023/ TINY HABITS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
25	26	27	28	29	30	31
1 Water one plant	2 Floss one tooth	3 Do one push-up	4 Dust one piece of furniture	5 Pour one glass of water	6 Walk one block	7 Read one paragraph
8 Write one thank-you note or email	9 Put out vitamins/ medication for one day	10 Eat one piece of fruit	11 Meditate for three breaths	12 Pay one bill	13 Tidy one item on your desk	14 Wipe off one counter
15 Think of one thing you are grateful for	16 Do one sit-up	17 Fold one towel	18 Put recycled shopping bags in car	19 Place your shoes for tomorrow by the door	20 Light one candle	21 Shovel one step
22 Take one bag to the garbage bin	23 Wash one dish	24 Complete one item on your to-do list	25 Iron one item of clothing	26 File one nail	27 Clean one window	28 Put out yoga mat
29 Change one light bulb	30 Spray one leather shoe with protectant	31 Spend one Minute congratulating yourself for a month of tiny habits	1	2	3	4