

# JANUARY

## *to-do list*

### PLAN YOUR GOALS

New Year's Resolutions start in January and for 25% of people, they last through... the first week. 60% abandon those resolutions in under six months. The average person makes the same New Years Resolution 10 separate times and never actually reach it! Let's break those patters and start creating goals that are realistic AND challenging. Ones that have firm deadlines, a strong *why* for completing it, and incite some energy in you!

### ACT SMALL ON EACH GOAL

You have your goals down... now start acting on them! Figure out what the first step is for each goal and make some progress. Breaking those goals down to small, achievable steps helps to see progress. Remember – taking just one step gets you a little closer to your goal.

### WRITE THANK YOU NOTES

Hand written thank you notes are the perfect way to express gratitude towards someone. They are easy to write and they leave a lasting impression. Take 30 minutes to jot a quick note to those who you truly enjoyed this past holiday season. It may be a thank you for a gift, a thank you for their time, or a thank you for their hospitality. Make sure you date it, put a greeting, express your thanks, add a detail, and end it with your regards.

### CHANGE YOUR PERSPECTIVE

A new year gives you the opportunity to see things in a whole new light! What's great about Mondays? What potentially could the person who cut you off be rushing towards? If the elevator is not working, what's the benefit of taking the stairs? Can you experience the joy of having single (or a few) pieces of chocolate even if you are trying to loose weight? What could the other side of the story be to an assumption you have made? Changing your perspective increases your happiness, positively impacts your relationships, and opens up new possibilities in life.



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