

# JANUARY RESET

**How to play:** Use the spaces below to write down your plan to create a new healthy habit.

**Tips for Success:** Focus on one habit or behavior at a time. You can print this sheet as many times as you like.

## MY WELLNESS THING

I want . . .

## MINDSET

Why:

Resources:

Message:

## ACTION

Specific behavior or action:

When and where:

## JOY

Make it delightful!

Look at that! You named the things. You can do it!

