

Baltzersen's #MyBetterJanuary Challenge

1

Set a healthy habit for January

2

Send a handwritten letter

3

Enjoy some alone time

4

Support a local indie

5

Create a list of goals for the year

6

Take your decorations down

7

Remember your reusable

8

Cook from scratch

9

Donate something

10

Declutter

11

Take a walk

12

Cut yourself some slack

13

Try something
new

14

Catch up with
someone

15

Treat yourself!

16

Reach out

17

Write something
nice about a
business

18

Call a friend

19

Turn your phone
off

20

Go vegan for
the day

21

Give someone a
compliment

22

Read

23

Clear out your
inbox

24

Write a list of
things you're
grateful for

25

Step out of your
echo chamber

26

Be a tourist at
home

27

Make plans for
February

28

Listen to an
album from start
to finish

29

Say thank you to
someone who
deserves it

30

Shake up your
routine

31

Look back at
what you've
achieved



 #MyBetterJanuary

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