


January

To do list



Forget writing a never-ending list of New Year resolutions. Make one or two short goals that are easy to remember and you'll be more likely to stick to them!

My goals for 2017:

1. _____

2. _____

- Have a post christmas clear-out. Whether you need a wardrobe sort-out or car clear-up, january is the perfect time to de-clutter your house, life and mind.
- Set birthday and anniversary reminders for all your friends and family to make sure you don't forget this year.
- Give something up. Not something you just can't live without, but why not take the chance to banish that crisp habit or stop letting the ironing pile up?
- Take something up! Knitting? Cycling? Or even just making a start on that stack of unread books. Hello new year, hello new hobby...
- Write a letter to someone special. There's nothing like sending or receiving a hand-written note, from a thank you card to a just seeing how you are letter. Plus, it makes the perfect winter evening activity.
- Do that thing you keep putting off! vacuuming

Do This:



Clean this:

Cook this:

Buy this: