


Begin

JANUARY

Starting fresh

2026 daily self-care calendar

SUN	MON	TUES	WED	THURS	FRI	SAT
Scan the QR code at the end of the month to share a highlight!				1 Happy New Year! Write down one goal you want to work towards.	2 Make your bed. Small wins build momentum.	3 Create a vision board or list of what you want the year to look like.
4 Journal prompt: Where in your life could a fresh start make a difference?	5 Clean out your inbox to give your digital life a fresh start.	6 Take a walk without your phone. Breathe and notice what's around you.	7 Try journaling for 5 to 10 minutes. No rules, just write.	8 Thrive Thursday! Make a playlist of music that energizes you.	9 Drink water first thing in the morning. Hydrate before you caffeinate.	10 This weekend try a new hobby or revisit an old one you enjoy.
11 Journal prompt: Write down something that you want to let go of.	12 Say no to something that drains you.	13 Explore offerings on the Calm app. Download at kp.org/selfcareapps .	14 Go for a walk with a co-worker, in person or over the phone.	15 Thrive Thursday! Try a new fitness routine today.	16 Think of one thing that went well this week.	17 Try a new healthy recipe. Find inspiration on kp.org/gokp .
18 Journal prompt: Picture your ideal day. What's one step you can take to make it real?	19 Volunteer in your community for MLK Day. Find a project at kpcares.org .	20 Ask for help with something you have been avoiding.	21 Turn off unnecessary notifications. Reclaim your attention.	22 Thrive Thursday! Start the day with some stretching or yoga.	23 Today, look in the mirror and say something kind to yourself.	24 Clear a cluttered space to refresh your mental energy.
25 Journal prompt: Make a list of things you are excited about.	26 Unsubscribe from emails that clutter your inbox and mind.	27 Forgive yourself for something you've been holding onto.	28 Find an inspiring book to read or podcast to listen to.	29 Thrive Thursday! Try an Instant Recess routine. kp.org/instantrecess	30 Think of a relationship that needs healing – and take a small step to repair it.	31 Share a highlight from this month. Scan the QR code to let us know how it went!