

# Begin



## JANUARY

### Starting fresh

2026 daily self-care calendar

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