



GBS HEALTH & WELLNESS

# New Year Intentions

Join us as we explore our 2023 theme, **A Year of Intention**, to continue building on the meaning, happiness, and health in your life. Each month's theme will emphasize different ways to enhance your lifestyle by living with more purpose and deliberation. This month, focus on setting New Year's intentions rather than resolutions to find manageable ways to align your values with the characteristics you wish to manifest.



## Make Sure You Have Everything You Need

Take a minute to watch a quick video outlining this month's resources.



## January Mini Challenge

### January 16th

Reflect on the wins and losses of 2022 and journal to give yourself well deserved recognition.

### January 17th

Connect with three elements of your life that are most significant and bring the greatest joy, satisfaction, and energy. Create a list and reflect on ways you can incorporate these things daily.

### January 18th

Identify a theme that sums up your intentions for the year 2023. Whether it's one word or a phrase, choose something to embody the new year (i.e., growth, compassion, self-love, creativity).

### January 19th

Be deliberate with your time today. Keep phone screen time under two hours today and keep scrolling on social media to 5-minute increments.

### January 20th

To fully embrace an intentional life, explore ways to nurture a positive, healthy mindset and declutter your mind. Find clarity and focus today by meditating for 20 minutes.

## Movement of the Month

Set an intention for the month of January to "maintain an active lifestyle". Determine what this means for you and work towards this goal each day.