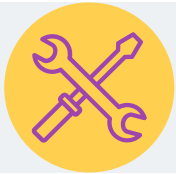


20 New Year's 19 Resolution Challenge

Week 1



Monday
Jan. 14

Take the [Starling Assessment](#).



Tuesday
Jan. 15

Take a 5-10 minute walk. Think about and identify 2 of your biggest [stressors](#) and how they impact you.



Wednesday
Jan. 16

Name 2 factors that [charge your battery](#) and 2 that drain it. Pick one method of recharge and complete it today.



Thursday
Jan. 17

Do 3-5 minutes of [Strategic Breathing](#).



Friday
Jan. 18

Choose a behavioural strategy to try. Set a [SMART goal](#) to do it over the weekend.

20 New Year's 19 Resolution Challenge

Week 2



Monday
Jan. 21

Identify an activity that will increase your sense of relaxation. Set aside 2 - 5 minutes to do the activity and get into [the zone](#).



Tuesday
Jan. 22

Was there any point in time today where you felt angry, sad, or frustrated? Note your experiences on the [Mood Tracker Tool](#).



Wednesday
Jan. 23

Take 5-10 minutes to ask yourself how you're doing this week. Bonus: Take the [Starling Assessment](#) and see where you're at!



Thursday
Jan. 24

Pick another activity that [relaxes](#) you. Set aside 2 - 5 minutes to do the activity and get into the zone.

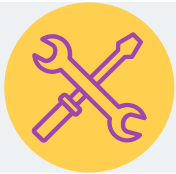


Friday
Jan. 25

Did you feel anxious about the things you thought you would? Note your experiences on the [Mood Tracker Tool](#).

20 New Year's 19 Resolution Challenge

Week 3



Monday
Jan. 28

Over the weekend, when did you feel best about yourself? Note your experiences with the [Mood Tracker Tool](#).



Tuesday
Jan. 29

What is something negative that you repeat to yourself? Think up a phrase to [counteract it](#) and try it out!



Wednesday
Jan. 30

Try out the phrase that you came up with at least 5 times throughout the day to [challenge your negative thoughts](#).



Thursday
Jan. 31

Take 5-10 minutes to ask yourself how you're doing this week. Bonus: Take the [Starling Assessment](#) and see where you're at!



Friday
Feb. 1

Set your New Year's Resolution for better managing stress in 2019!