

JANUARY 2023

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

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HEALTH ESTEEM

Monthly Tracker

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EPIPHANY

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JANUARY 2023

World Health Esteem Month

Let's try something new this year. January is World Health Esteem Month and we're going to embrace a new outlook in 2023.

Instead of working out because you're unsatisfied with yourself, you exercise because you value yourself. Instead of making food choices to punish yourself into weight loss or eating your emotions without regard for the consequences to how you'll feel, you will start to make choices in support of taking care of yourself.

Regardless of how consistent you are, every day of January is an opportunity to succeed. Let's spend the first month of 2023 celebrating who you are and, for once, feel great about you from day one!

[To read about the 10 habits to help improve your health esteem, click here.](#)

Monthly Tracker

HEALTH ESTEEM HABIT	DAILY CHECKLIST
Wake up on the first alarm	<div style="display: flex; flex-wrap: wrap; gap: 5px;"> 123456789101112131415 </div> <div style="display: flex; flex-wrap: wrap; gap: 5px;"> 16171819202122232425262728293031 </div>
Do the hardest thing first	<div style="display: flex; flex-wrap: wrap; gap: 5px;"> 123456789101112131415 </div> <div style="display: flex; flex-wrap: wrap; gap: 5px;"> 16171819202122232425262728293031 </div>
Make time to eat breakfast	<div style="display: flex; flex-wrap: wrap; gap: 5px;"> 123456789101112131415 </div> <div style="display: flex; flex-wrap: wrap; gap: 5px;"> 16171819202122232425262728293031 </div>
Replace dirty energy with clean energy	<div style="display: flex; flex-wrap: wrap; gap: 5px;"> 123456789101112131415 </div> <div style="display: flex; flex-wrap: wrap; gap: 5px;"> 16171819202122232425262728293031 </div>
Plan lunch the day before	<div style="display: flex; flex-wrap: wrap; gap: 5px;"> 123456789101112131415 </div> <div style="display: flex; flex-wrap: wrap; gap: 5px;"> 16171819202122232425262728293031 </div>
Swap afternoon treats for superfood desserts	<div style="display: flex; flex-wrap: wrap; gap: 5px;"> 123456789101112131415 </div> <div style="display: flex; flex-wrap: wrap; gap: 5px;"> 16171819202122232425262728293031 </div>
Give energy	<div style="display: flex; flex-wrap: wrap; gap: 5px;"> 123456789101112131415 </div> <div style="display: flex; flex-wrap: wrap; gap: 5px;"> 16171819202122232425262728293031 </div>
Do a post-work reflection	<div style="display: flex; flex-wrap: wrap; gap: 5px;"> 123456789101112131415 </div> <div style="display: flex; flex-wrap: wrap; gap: 5px;"> 16171819202122232425262728293031 </div>
Slow dinner down	<div style="display: flex; flex-wrap: wrap; gap: 5px;"> 123456789101112131415 </div> <div style="display: flex; flex-wrap: wrap; gap: 5px;"> 16171819202122232425262728293031 </div>
No screens 30 minutes before bed	<div style="display: flex; flex-wrap: wrap; gap: 5px;"> 123456789101112131415 </div> <div style="display: flex; flex-wrap: wrap; gap: 5px;"> 16171819202122232425262728293031 </div>

The most essential thing you can do to boost your Health Esteem is give yourself grace. You're a human being who's doing your best to do your best. No instruction manual was provided. In a 100 percent unique way, you are figuring life out every day for yourself. So even if you didn't do anything from this list today, this week, or all month... take a moment, at any moment, and just allow the feeling of appreciating yourself to happen.

Recipe Links

BREAKFAST RECIPES

- [Beachbody Blog Breakfast Recipes](#)
- [Why Breakfast Really Does Matter](#)

LUNCH RECIPES

- [Beachbody Blog Lunch Recipes](#)
- [15 Lunch Recipes to Meal Prep](#)

SUPERFOOD DESSERT

- [Decadent & Delicious Shakeology Recipes](#)
- [Beachbody Blog Dessert Recipes](#)
- [15 Delicious Shakeology Dessert Recipes](#)

Daily Reflection

January 1

WHAT'S ONE THING YOU ACCOMPLISHED TODAY?

WHAT'S ONE NEW QUESTION YOU ARE EXCITED TO ANSWER TOMORROW?

WHAT'S ONE THING YOU APPRECIATED ABOUT YOURSELF TODAY?

January 2

WHAT'S ONE THING YOU ACCOMPLISHED TODAY?

WHAT'S ONE NEW QUESTION YOU ARE EXCITED TO ANSWER TOMORROW?

WHAT'S ONE THING YOU APPRECIATED ABOUT YOURSELF TODAY?

January 3

WHAT'S ONE THING YOU ACCOMPLISHED TODAY?

WHAT'S ONE NEW QUESTION YOU ARE EXCITED TO ANSWER TOMORROW?

WHAT'S ONE THING YOU APPRECIATED ABOUT YOURSELF TODAY?

Daily Reflection

January 4

WHAT'S ONE THING YOU ACCOMPLISHED TODAY?

WHAT'S ONE NEW QUESTION YOU ARE EXCITED TO ANSWER TOMORROW?

WHAT'S ONE THING YOU APPRECIATED ABOUT YOURSELF TODAY?

January 5

WHAT'S ONE THING YOU ACCOMPLISHED TODAY?

WHAT'S ONE NEW QUESTION YOU ARE EXCITED TO ANSWER TOMORROW?

WHAT'S ONE THING YOU APPRECIATED ABOUT YOURSELF TODAY?

January 6

WHAT'S ONE THING YOU ACCOMPLISHED TODAY?

WHAT'S ONE NEW QUESTION YOU ARE EXCITED TO ANSWER TOMORROW?

WHAT'S ONE THING YOU APPRECIATED ABOUT YOURSELF TODAY?

Daily Reflection

January 7

WHAT'S ONE THING YOU ACCOMPLISHED TODAY?

WHAT'S ONE NEW QUESTION YOU ARE EXCITED TO ANSWER TOMORROW?

WHAT'S ONE THING YOU APPRECIATED ABOUT YOURSELF TODAY?

January 8

WHAT'S ONE THING YOU ACCOMPLISHED TODAY?

WHAT'S ONE NEW QUESTION YOU ARE EXCITED TO ANSWER TOMORROW?

WHAT'S ONE THING YOU APPRECIATED ABOUT YOURSELF TODAY?

January 9

WHAT'S ONE THING YOU ACCOMPLISHED TODAY?

WHAT'S ONE NEW QUESTION YOU ARE EXCITED TO ANSWER TOMORROW?

WHAT'S ONE THING YOU APPRECIATED ABOUT YOURSELF TODAY?

Daily Reflection

January 10

WHAT'S ONE THING YOU ACCOMPLISHED TODAY?

WHAT'S ONE NEW QUESTION YOU ARE EXCITED TO ANSWER TOMORROW?

WHAT'S ONE THING YOU APPRECIATED ABOUT YOURSELF TODAY?

January 11

WHAT'S ONE THING YOU ACCOMPLISHED TODAY?

WHAT'S ONE NEW QUESTION YOU ARE EXCITED TO ANSWER TOMORROW?

WHAT'S ONE THING YOU APPRECIATED ABOUT YOURSELF TODAY?

January 12

WHAT'S ONE THING YOU ACCOMPLISHED TODAY?

WHAT'S ONE NEW QUESTION YOU ARE EXCITED TO ANSWER TOMORROW?

WHAT'S ONE THING YOU APPRECIATED ABOUT YOURSELF TODAY?

Daily Reflection

January 13

WHAT'S ONE THING YOU ACCOMPLISHED TODAY?

WHAT'S ONE NEW QUESTION YOU ARE EXCITED TO ANSWER TOMORROW?

WHAT'S ONE THING YOU APPRECIATED ABOUT YOURSELF TODAY?

January 14

WHAT'S ONE THING YOU ACCOMPLISHED TODAY?

WHAT'S ONE NEW QUESTION YOU ARE EXCITED TO ANSWER TOMORROW?

WHAT'S ONE THING YOU APPRECIATED ABOUT YOURSELF TODAY?

January 15

WHAT'S ONE THING YOU ACCOMPLISHED TODAY?

WHAT'S ONE NEW QUESTION YOU ARE EXCITED TO ANSWER TOMORROW?

WHAT'S ONE THING YOU APPRECIATED ABOUT YOURSELF TODAY?

Daily Reflection

January 16

WHAT'S ONE THING YOU ACCOMPLISHED TODAY?

WHAT'S ONE NEW QUESTION YOU ARE EXCITED TO ANSWER TOMORROW?

WHAT'S ONE THING YOU APPRECIATED ABOUT YOURSELF TODAY?

January 17

WHAT'S ONE THING YOU ACCOMPLISHED TODAY?

WHAT'S ONE NEW QUESTION YOU ARE EXCITED TO ANSWER TOMORROW?

WHAT'S ONE THING YOU APPRECIATED ABOUT YOURSELF TODAY?

January 18

WHAT'S ONE THING YOU ACCOMPLISHED TODAY?

WHAT'S ONE NEW QUESTION YOU ARE EXCITED TO ANSWER TOMORROW?

WHAT'S ONE THING YOU APPRECIATED ABOUT YOURSELF TODAY?

Daily Reflection

January 19

WHAT'S ONE THING YOU ACCOMPLISHED TODAY?

WHAT'S ONE NEW QUESTION YOU ARE EXCITED TO ANSWER TOMORROW?

WHAT'S ONE THING YOU APPRECIATED ABOUT YOURSELF TODAY?

January 20

WHAT'S ONE THING YOU ACCOMPLISHED TODAY?

WHAT'S ONE NEW QUESTION YOU ARE EXCITED TO ANSWER TOMORROW?

WHAT'S ONE THING YOU APPRECIATED ABOUT YOURSELF TODAY?

January 21

WHAT'S ONE THING YOU ACCOMPLISHED TODAY?

WHAT'S ONE NEW QUESTION YOU ARE EXCITED TO ANSWER TOMORROW?

WHAT'S ONE THING YOU APPRECIATED ABOUT YOURSELF TODAY?

Daily Reflection

January 22

WHAT'S ONE THING YOU ACCOMPLISHED TODAY?

WHAT'S ONE NEW QUESTION YOU ARE EXCITED TO ANSWER TOMORROW?

WHAT'S ONE THING YOU APPRECIATED ABOUT YOURSELF TODAY?

January 23

WHAT'S ONE THING YOU ACCOMPLISHED TODAY?

WHAT'S ONE NEW QUESTION YOU ARE EXCITED TO ANSWER TOMORROW?

WHAT'S ONE THING YOU APPRECIATED ABOUT YOURSELF TODAY?

January 24

WHAT'S ONE THING YOU ACCOMPLISHED TODAY?

WHAT'S ONE NEW QUESTION YOU ARE EXCITED TO ANSWER TOMORROW?

WHAT'S ONE THING YOU APPRECIATED ABOUT YOURSELF TODAY?

Daily Reflection

January 25

WHAT'S ONE THING YOU ACCOMPLISHED TODAY?

WHAT'S ONE NEW QUESTION YOU ARE EXCITED TO ANSWER TOMORROW?

WHAT'S ONE THING YOU APPRECIATED ABOUT YOURSELF TODAY?

January 26

WHAT'S ONE THING YOU ACCOMPLISHED TODAY?

WHAT'S ONE NEW QUESTION YOU ARE EXCITED TO ANSWER TOMORROW?

WHAT'S ONE THING YOU APPRECIATED ABOUT YOURSELF TODAY?

January 27

WHAT'S ONE THING YOU ACCOMPLISHED TODAY?

WHAT'S ONE NEW QUESTION YOU ARE EXCITED TO ANSWER TOMORROW?

WHAT'S ONE THING YOU APPRECIATED ABOUT YOURSELF TODAY?

Daily Reflection

January 28

WHAT'S ONE THING YOU ACCOMPLISHED TODAY?

WHAT'S ONE NEW QUESTION YOU ARE EXCITED TO ANSWER TOMORROW?

WHAT'S ONE THING YOU APPRECIATED ABOUT YOURSELF TODAY?

January 29

WHAT'S ONE THING YOU ACCOMPLISHED TODAY?

WHAT'S ONE NEW QUESTION YOU ARE EXCITED TO ANSWER TOMORROW?

WHAT'S ONE THING YOU APPRECIATED ABOUT YOURSELF TODAY?

January 30

WHAT'S ONE THING YOU ACCOMPLISHED TODAY?

WHAT'S ONE NEW QUESTION YOU ARE EXCITED TO ANSWER TOMORROW?

WHAT'S ONE THING YOU APPRECIATED ABOUT YOURSELF TODAY?

Daily Reflection

January 31

WHAT'S ONE THING YOU ACCOMPLISHED TODAY?

WHAT'S ONE NEW QUESTION YOU ARE EXCITED TO ANSWER TOMORROW?

WHAT'S ONE THING YOU APPRECIATED ABOUT YOURSELF TODAY?

Monthly Reflection

This month in one word

Successes

Challenges

February Focus
