

JANUARY / ENERO 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1 <u>Your year compass 2026</u>	2 <u>7 tips to keep your New Year's resolution</u>	3 4 <u>Finding Your Resolve: 5 Films For a New Year</u>	
5 <u>How New Year's resolutions impact mental health</u>	6 <u>New Year's resolution suggestions to start 2026</u>	7 <u>12 of the Best Mental Health Podcasts to Listen to</u>	8 <u>8 ways to support your own mental health</u>	9 <u>How to Keep Your New Year's Resolution</u>	10 11 <u>Vision Board Ideas for 2026</u>	
12 Elevator Pitch – <u>How to pitch yourself?</u>	13 <u>How to pitch your ideas</u>	14 <u>How To Sell Yourself</u>	15 <u>How to Write Your Elevator Pitch</u>	16 <u>My Mental Health Elevator Pitch</u>	17 18 <u>Read Brag Better: Master the Art of Fearless Self-Promotion</u>	
19 <u>Blue Monday</u>	20 <u>Explore the answer to this question: Why do we sleep?</u>	21 <u>Create your Sleep Profile</u>	22 Identify how you feel when you do not get a good night's sleep.	23 <u>Why We Sleep:</u> The New Science of Sleep and Dreams by Matthew Walker	24 25 Track your sleeping patterns during this weekend. How many hours did you sleep every night? Did you get a nice, restful sleep? Were you able to recover energy for the coming working week?	
26 <u>Have you ever wondered how much of our lives we spend sleeping?</u>	27 Be aware of how you wake up in the morning. Are you refreshed and ready to go, or groggy and grumpy?	28 <u>How to Get Better Sleep: Tips to Wake Up with More Energy.</u>	29 <u>What would happen if you didn't sleep?</u>	30 <u>Sleep Is Your Superpower</u> Matt Walker TED Talk	31 <u>World No.1 Sleep Expert</u>	



IT'S COMING TO YOUR INBOX!