

# 01. JANUARY



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
01 2023 Kickoff! Fresh start & new year...and it's just another day. (No pressure!)	02	03	04 <u>NY Revelations:</u> 1. "Make sure you aren't carrying anyone else's baggage" 2. What do you want to immerse yourself in? (And: where are you staying on the periphery? 3. Setting the tone for 2023 with Inciting Joy: an invitation for joy even when things are tough	05	06 <u>The Wakeup Call of Devotion:</u> How to tell if you're doing something out of obligation or not... what story of devotion is your life telling? (Make sure it's the one you want to be telling.)	07
08	09 <u>The Too-Muchness of it All:</u> A pep talk for when your enthusiasm and capacity are speaking different languages!	10 <u>Behind the Scenes:</u> What my Revival is all about—overwhelm of going back on IG and how I managed it! (and a reminder to come back to yourself as you figure out what you want!)	11	12 What to do when you're waiting for validation/celebration from others on the things you're wanting or showing up to	13 How I turn my 2023 priorities into weekly plans— A walk-through and show & tell	14
15	16	17 How to know if you're doing a hard thing out of obligation or if it's what you really want	18	19 <u>Behind the Scenes:</u> What about when things don't go as planned? AND: a reminder to take your time even when you think you cannot.	20 BTS: Planning my week, making decisions, thinking about what I'm likely to put off and revisiting my 2023 plan (don't forget about your big plans!)	21
22	23	24 How to tackle our "don't wanna do's" when we know they won't leave us feeling the way we want to feel? (And what to do about procrastination and doubt!)	25	26 Aligning what you do with what your ultimate goals are (and what to do instead of beating yourself up!)	27 To ponder: what if it could all be better? (For whatever it is.) What would "better" look like? (And what if it's hard to ponder this q?)	28
29	30 1. Pondering "better" within the life you have now. 2. How to take stock of your plans and make decisions 3. How I'm revising my 2023 intentions and specific goals	31 1. How to end the month strong even if you didn't get everything done 2. Noticing patterns + rewriting narratives about things left undone! and inconsistency	01	02	03	04

# 02. FEBRUARY



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	31	<b>01</b> <u>2 q's to invite extra layers of discernment + grace, esp when dread shows up:</u> 1. What are you <u>not</u> going to put off? 2. For what you <u>are</u> going to procrastinate, what can you do instead?	02	03	04
05	06	<b>07</b> <u>BTS:</u> Turning my priorities into February plans	<b>08</b> Making space to receive the things you want, clearing out what's no longer serving you, and showing up from love vs fear (and my behind the scenes)	<b>09</b> Pep talk: On spirit-tending —we are made of stardust, the value of gravity and self-care as a sacred act	10	11
12	<b>13</b> <u>BTS:</u> my process when things don't go as planned (and dealing with intersecting busy life + work chapters)	14	15	<b>16</b> Pep talk: How much fun are you having?	17	18
19	<b>20</b> Pep talk/seed planting: Where are you reallyreally Trying to make something happen?	<b>21</b> 1. Discerning when something is actually urgent and our brains just make it feel so 2. What to do with the impulse to "omghurryup!"	22	23	24	25
26	<b>27</b> How to shift the pressure you put on yourself to do <b>BIG THINGS</b> and find a different way into and through them	28	01	02	03	04

# 03. MARCH



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	01	02 Introducing March & focus on Authority and q: what do you want to step into and reclaim for yourself?	03 1.Thinking on Adventure and bts of my personal, secret IG, and biz adventures 2.BTS of how I'm approaching social media	04
05	06	07 1.BTS of how I deal with feeling overwhelmed and unfocused // how to handle being in the midst of OH SO MUCH! 2.Pep talk when you put pressure on yourself to be more productive	08	09 1.Pep talk if you're stuck trying to figure out the Right thing/idea/next step forward & how to get energy moving 2.BTS of what happens when not everything gets done & you follow the energy instead	10	11
12	13	14 1.BTS of my impromptu writing retreat and thoughts on pre-planning vs letting things happen 2.Pep talk about taking a break!	15	16	17 A reminder to keep things fun! (No really!)	18
19	20	21	22	23	24	25
26	27	28	29	30	31	01