

Monday

Tuesday

Wednesday

Thursday

Friday

Happy New Year!

Wishing everyone a healthy, happy and safe 2021.

Set yourself up for success in the new year by creating micro-goals to keep you on track all year long.

1
Did you know that **80% of resolutions fail by February?** Beat the odds and [make your resolutions stick with expert advice from BJ Fogg.](#)

4



Do your 2021 goals include eating healthier? [Our experts answer your nutrition questions in our Q&A webinar replay.](#)

5

Avoid electronics for 30-60 minutes before bedtime to get a more restful night's sleep. Try picking up a new book or magazine to help you unwind.

6

Looking for a work-from-home routine revamp? [Try these tips.](#)



7

New Hope for a New Year: [Get the latest COVID updates from our medical experts in our live webinar replay.](#)

8

January is National Hobby Month
It's a great time to start a new project or find a new pastime. Get creative and spend 30 minutes on it each day!

11



Struggling with that midday slump? Prepare healthy lunches for the week to easily keep your energy levels up.

12

Stay on track and achieve your New Year's resolutions with the help of a [health coach.](#)

13

Sign off from work on time for the rest of the week and make more time for family and friends.

14

How will the events of 2020 shape the world of wellbeing in 2021 and beyond? [See what the experts have to say.](#)

15

Take a news break this weekend.



18

Martin Luther King Jr. Day

19

Make diversity, equity and inclusion a top priority in 2021 with our [DE&I Toolkit.](#)

20

Start and end your day with a 5-minute breathing exercise: 5 seconds in, hold for 5, 5 seconds out and repeat.



21

Kickstart your home fitness routine with our [at-home exercise videos and virtual exercise dice.](#)



22

January 24th is National Compliment Day!

Pay someone a compliment this weekend - call, text or email them and make their day.

25



[Social distancing shouldn't mean social isolation.](#) Make virtual plans to spend time with a friend or family member that you haven't seen in a while.

26

Do employee wellbeing programs really make a difference? [According to Forrester's research, they absolutely do.](#)

27

New year, a new workplace challenge. [Our next VP GO event launches today. Are you in?](#)

28

Nutrition challenge: Add some veggies to your breakfast. Green smoothie, anyone?

29

Laughter is the best medicine. Watch a funny movie or TV show this weekend for a mood boost!