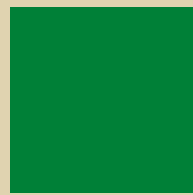


JANUARY 2021

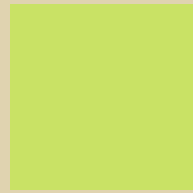
S	M	T	W	T	F	S
					1 Design a sacred home space	2 How are you spending your time?
3 WRITE A HAIKU	4 Name an inner quality that you admire and want to develop in yourself this year.	5 How are you sleeping?	6 3pm (ET) Mindful meditation 7pm (ET) Yin-Nidra ZOOM link	7 What are you eating?	8 10 am (ET) Slowflow Yoga Zoom link	9 Watch Intro to Compassionate Wisdom Course
10 Rest and Digest	11 Self-care Assessment	12 Digital Detox	13 3pm Mindful meditation 7pm Yin-Nidra ZOOM link	14 How do you feel in your body?	15 Set up a free 15-min Personal Coaching session with Deirdre.	16 Gratitude Choose one moment that made you smile and focus on it for five minutes before sleep.
17 Imagine what your ideal relationships would look like in the future.	18 Compassionate Wisdom Course Begins!	19 Forgiveness Check out this worksheet from Byron Katie	20 3pm Mindful meditation 7pm Yin-Nidra ZOOM link	21 Name the Inner Critics in your head	22 10 am (ET) Slowflow Yoga Zoom link	23 AWE
24 On a self-addressed postcard write down and mail 3 actionable ways you can live into your values	25 Soften Soothe Allow	26 PLAY	27 3pm Mindful meditation 7pm Yin-Nidra ZOOM link	28 Seven questions to deepen intimacy	29 10 am (ET) Slowflow Yoga Zoom link	30 Forest Bath
31 What are three impactful learnings for the month?						

January Moss planner legend



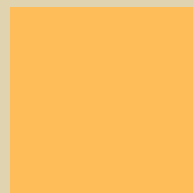
M

Make Space



O

Observe patterns



S

Set Compass



S

Sustain Motivation

Notes and observations

A large white rectangular area with horizontal cyan lines and a vertical red margin line on the left side, intended for writing notes and observations.