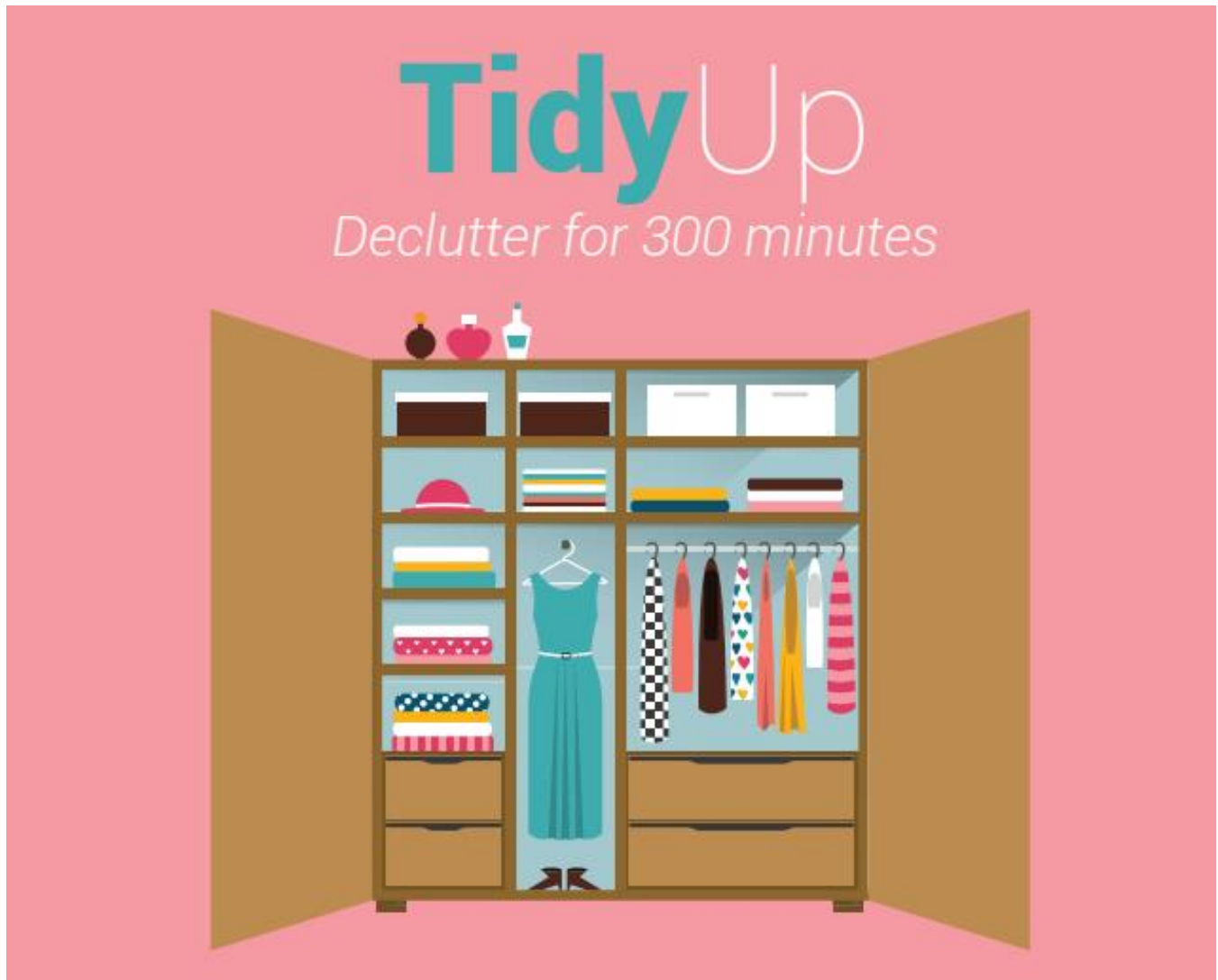


January Wellness Challenge

Remember to track your progress on your Living Well Tracking Sheet!



The Tidy Up Challenge invites you to spend 300 minutes decluttering your life (about 10 min/day). Tidy up your desk. Clean out a drawer. Get rid of clothes you don't wear. Organize the files on your computer. You can choose what you want to declutter. You'll find that decluttering lowers stress, gives you more energy, and makes it easier for you to focus. You might think you don't have enough time for this, but being organized can actually save you time in the end.

When you go to a spa, the decor is simple, clean, and open. There's a reason for this; an environment that is relaxing and inspiring makes you feel better. Imagine if your surroundings were simple, clean, and open. How much better would you feel? You'd feel more grounded and better able to focus on the people around you or the task at hand. This is the power of the decluttered life. What will you tidy up first?