



ChallengeME MONTHLY MINUTE

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Monthly topic:

Make a CHANGE This New Year

Choice. At every point in time you have a choice of whether to embrace or to resist. Embracing change requires courage and trust because it's always unnerving to step outside your comfort zone. But when you trust and embrace, change can bring you excitement, growth, and infinite new possibilities.

Happiness. Step into the New Year with the intention of choosing happiness for yourself and those around you. Choose to look on the bright side of everything; for example, ask yourself, "What can I learn from this?"

Anchor. Hold on to reality and your wisdom, for there's more to you than just physical and transient existence.

New. Time and change involve flow and movement. Along with these are borne new experiences, people, places, and ideas. Be open to receiving and bringing forth the new and nourishing, and let go of the old if they no longer serve you.

Growth. When you flow with the movement of time and change, and embrace the new while anchoring and trusting in the greater you, growth is the natural result.

Emergence. Out of that strength and solidly grounded foundation, new creations will emerge. You will find yourself forging new fulfilling friendships, relationships, successes, and joys. New ideas will emerge into manifestations. Imagination and dreams will become a reality. A new phase will continue and take you forward with the flow.

New Year's Resolutions

Looking to make positive changes for the new year, but not sure where to start? Knowing that you want to make a change to live a happier, healthier life is the first step, so you're already on your way! The second step is to fill your resolution list with some easy, good-for-you goals. Not sure what goals you want to work toward? Here's a list of a few ideas to get you started.

Add more citrus to your grocery cart. Citrus contains vitamin C, which aids in collagen production and helps keep skin looking healthy.

Do one thing at a time. Multitasking doesn't make you more efficient, and it can stress you out. Instead, allow yourself to focus all your attention on one task at a time and see what happens.

Take the stairs. Just once this week, take the stairs instead of the elevator. Not sure you can do all the flights? Take the stairs half way and catch the elevator after you get tired.

Sanitize your phone. Phones carry about 10 times as much bacteria as most toilet seats, yikes! Sanitize your phone weekly with disinfecting wipes.

Explore a new hobby. Are you often bored? Do you binge watch too much Netflix? Next time you're bored, instead of picking up the remote, go out and do something new - try Ethiopian food, attend a ballet, take a painting class, pick up a camera, make some candles...

Make time for friends. Reach out to an old friend or distant family member and say hello. Taking that moment lets people know you're thinking of them and can help rekindle distant relationships.

52 Week Money Challenge

Don't forget to set aside money each week for the 52 Week Money Challenge!

JANUARY 2020

S	M	T	W	T	F	S	\$
29	30	01	02	03	04	05	\$1
06	07	08	09	10	11	12	\$2
13	14	15	16	17	18	19	\$3
20	21	22	23	24	25	26	\$4
27	28	29	30	31	01	02	\$5
Monthly Total:							\$15

Got Gift Cards?

Each year there are approximately \$1 billion worth of gift cards left unused in the USA. One the third Saturday this month (National Use Your Gift Card Day - January 18th), take stock of the gift cards you received over the holidays and make the most of each one of them before they're forgotten for good! Be sure to maximize your purchase by shopping for post-holiday deals.

Don't want to spend the money on yourself? Donate your gift card to a charity or use it to purchase something to donate. Try throwing a gift card swap party or sell your gift card for cash! Or re-gift your gift card for a birthday or other event.

This Month

- 1st:** New Year's Day
- 5th:** Scarborough Frozen 5K
- 5-8th:** Children's Festival Week, Sugarloaf
- 5-10th:** Children's Festival Week, Sunday River
- 9th:** Law Enforcement Appreciation Day
- 10th:** Full Moon Snowshoe Hike, Holden
- 12th:** Indoor Insanity 5K, Gorham/Lewiston
- 20th:** Martin Luther King Jr. Day
- 25th:** Be Well Fest, Portland
- 31st:** Camden Winterfest

Coming Up February: Heart Health

Comments, questions, ideas, or submissions?
Please email: kara.a.aguilar@maine.gov