

2026! January

An Abundant & Joyful Life in 2026
Starts with Being the True YOU!!

Kick off 2026 by Focusing on an AbunDANCE
of Joy, Prosperity, and Peace!

Start by simplifying your life... make January
a month to clear out the clutter — physically & mentally!



Dec 31 Reflect Today!
What do you want to let go of from 2025?
What do you want to carry forward into 2026? What are you grateful for?

No resolutions! Instead, today set your intentions for 2026. Write down your top 3 abundance wishes.
(Last day to register for New Year, True You!)

2 
Clear your closet! Every day, for 30 days, choose one thing that doesn't truly bring you joy and throw it away or put it in a "donate" pile.

3 
Create a vision board or digital collage (and print it out) of things you wish to manifest in 2026.

4 
Declutter one simple area in your home (a cabinet, a shelf) clearing space for new energy. Make an intention to do this once a week. Imagine what a energy boosting affect it will have after 52 weeks!

5 
Do one simple act of kindness today. Go through a drive-through and pay for the person's coffee behind you. Kindness clears negative clutter in your mind.


6 
Put something smart on your smartphone that will help you just be... Purchase something like a subscription to the *Calm* app.


7 *breathe*
Remember what you purchased yesterday?
← Today, wake up 10 minutes earlier than usual and USE IT!

8 
Simplify your financial decisions! Take charge of your money. Create a budget & establish clear goals! Update a password, check a subscription.

9 
Know that junk drawer in your kitchen that holds everything in case you'll ever need it? Toss EVERYTHING in the trash.
(Don't look, just toss!)

10 
Practice a 5-minute abundance meditation.
(Visualize your dream life.)


11 
Today is 1/11, or 1111. It is a sign. Today, embark on new beginnings. Reflect on thoughts, set intentions, take inspired action, and practice gratitude to raise your vibration.


12 
Do you dread Monday on Sunday? What can you declutter or simplify at work? Do it! Then, think of one simple thing you can do to start creating the life you want at work & in life! Make each Monday a new beginning. Let's LOVE Mondays!

13 
Spend 10 minutes a day, for the next 10 days, deleting photos on your phone that you will never need again.

14 
Clean out your purse. Carry ONLY the essentials.

15 
Start a manifestation jar —add notes about what you are grateful for and about things you want to attract.


16 
Go through all your pencil cups at home and at work and throw out all but 3-4 pens and pencils and scissors.


17 
Write a letter to your future self, describing your abundant life. Include gratitude to the universe for already delivering your desires. Put it in your jar.

18 
Today is the new moon, a time for fresh starts and setting intentions. Write down what you want to manifest in 2026. Put it under your pillow!

19 
This week, each day, spend just 10 minutes clearing out emails that have no use. Unsubscribe to emails that don't bring you joy.


20 
If shopping this week before you buy, ask yourself two questions:
Do I really need it?
and/or
Will it bring me joy?

21 
Pay all bills via online banking. If already doing that, request e-bills to every payment you can. Pay a bill early.


22 
Say "NO!" today.
If you have too many commitments, just say "no" to one of them.


23 
Call in sick to work today! Play hooky! Take a mental health day and do something simple JUST FOR YOU!


24 
Make time for joy. Do something purely for fun and relaxation.

25 
Each morning this week, listen to Karen Drucker's Morning Prayer. Then spend 5 minutes visualizing gratitude for what you have and visualizing what you wish to attract.

26 
Research some quick and healthy recipes so that making your meals is simple and easy! Plan your weekly meals this week so you don't have to think!

27 
Write down all the synchronicities or good fortune you've noticed this month.

28 
Today, say goodbye to anyone who is toxic in your life. Life is simpler without someone's negativity.

29 
Skip! Or draw on the sidewalk with chalk Today, be a kid again, if only for 2 minutes. Do something simple and silly.

30 
Create a list of people you can help uplift or support in February. Helping others will bring YOU *JOY*

31 
Write an affirmation to carry into February ...
"I welcome limitless opportunities for abundance."
"My energy attracts what I desire magically and effortlessly."

This month, make a conscious effort to notice synchronicities and the signs as you focus on Abundance & Joy!

Out with the old...
in with JOY!

Change the way you look at things
and the things you look at change.

 Happiness element
happinesselement.com

Camp Atta Girl!
campattagirl.com

Download the calendar and follow along at campattagirl.com/calendar. Register for the Jan 3rd kick-off to 2026: campattagirl.com/trueyou2026