

January 2021



Random Acts of Hope

Just like the sun rising in the morning, hope is an unfailing belief for the extraordinary possibilities in the future.

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Transforming Culture. Building Human Capability.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Write down 5 things that you hope to see on the 31st Dec 2021? And what are your strategies to achieve them?	2 What desired feelings do you want to experience each day that you can associate to your hopes that you wrote on the 1st Jan.
3 Whatever your faith is, write down a quote or a bible verse that will stir up your hope for the future?	4 Start by showing evidence of the person that you are. Ex, If you describe yourself as consistent, etc. vote for the person that you are each day.	5 WFH, LFH and caring responsibilities are blurry-What resetting activities that you can do before jumping to the next task?	6 Emergency fund [ER] and income & health protection [IHP] are crucial in crisis. How much do you need to save up to ensure peace of mind?	7 Start budgeting to avoid money going down the drain.	8 Include what you need and what you want. After saving a % of your salary for emergency fund, allocate a % for enjoyment fund.	9 Be intentional. Work on your becoming each day.
10 Journal gratitude, praise, hopes and aspirations.	11 Instead of writing down your to do list why not draw where you want to get to each day? Seeing them visually can be easier to get things done.	12 Hesitating to start a project or a business? if you are scared, look for models how people did it and dive yourself in scared.	13 The path of least resistance is the strategy to be consistent. How would you design your environment to enable you to start your ER and IHP?	14 Monetise your newfound skills developed during the lockdown.	15 Saving in Pandemic? Embrace the cheap lifestyle and take this with you in 2021 and beyond.	16 Failures are feedback to change strategies. What are the things that need rethinking or redesigning?
17 Muscles grow in recovery. Take a break. Consolidation happens in rest. Draw, garden, cook, etc.	18 Have you got a morning routine yet? Create one. Example, fix your bed as soon as you get up! 😊	19 Emotions are information. It signals us to stop, continue...Has someone or a situation upsets you? Write down what it's telling you?	20 Income does not equal wealth. How frequent and how fast are you saving up?	21 Do you want guiltless spending? Create a budget of needs and wants	22 Credit is the ability to borrow money. You may have a credit card but no outstanding balance on it. Start zeroing up your debts.	23 Challenged to stick to habits? Design your environment that suggests it, so obvious, & attractive; you have no excuse not to do it.
24 Who are the people you missed out calling or sending a message to in 2020? Each week reconnect with at least 3 or 5 people.	25 Urgency, focus, duration marks the adult brain for change. Science backs this up. What do you want to be great at?	26 What positive triggers e.g., smile, focus that you can put all over your work area to remind yourself?	27 Wealth is what you don't see. Think about how much money you don't spend.	28 Travel Fund, etc. The money you saved for coffee, make up, clothes, travel, etc can fund your dreams.	29 Pay in cash rather than credit card.	30 What do you want to work deeply within in 2021? Create a non-negotiable time for it in your day.
31 Reward yourself for milestones achieved to encourage you to repeat and scale. Ex, after finishing a report, buy a book.						