

JANUARY

To Do This Month

Make the most of your 2016 with a good start in January.

- Track Your Resolutions**
To succeed with your New Year's Resolutions for 2016, they'll need to be at the top of your mind. Create a beautiful reminder of your goals in the front of your planner and keep it as a daily reminder.
- Organize Your Files**
Set up your files for the new year so you have a place to put your important receipts, medical, and tax documents.
- Inspire Your Inbox**
Sign up for FranklinPlanner's weekly inspirational quote email at FranklinPlanner.com for inspiration throughout the coming year.
- Make a Budget**
This month, track the amount you spend each day in your planner, and you'll have an accurate picture of where you spend your money.
- Store Your Decorations**
Go through your house and take down all of your holiday decorations. Store the whole collection in a designated spot, then record that spot in your planner on a notes page you can refer to this November.
- Create a Workout Plan**
Remember that after strength training, it takes your muscles anywhere from 48 to 72 hours to recover. Planning a different workout for each day (such as upper body, lower body, and cardio) can help you achieve better results.
- Make the Call**
Make an appointment you've been putting off, such as a visit to the doctor, chiropractor, or hairdresser.
- Refocus Your Efforts**
De-clutter your project list. Re-evaluate your projects and eliminate those that you're no longer inspired to finish.