



# January 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Blue= links Green=quotes Pink=health Purple=spiritual Lt Blue= empowerment</p>					<p>1</p> <p>"I think in terms of the day's resolutions, not the years." – Henry Moore</p>	<p>2</p> <p><a href="#">Free Relaxation Hypnosis MP3</a></p>
<p>3</p> <p><a href="#">30 day quick start to exercise</a></p>	<p>4</p> <p>Drink plenty of fresh water</p>	<p>5</p> <p>"The great man is he who does not lose his childlike heart." – Mencius</p>	<p>6</p> <p>You have the power to channel your imagination</p>	<p>7</p> <p>Spend 10 minutes meditating on inner peace</p>	<p>8</p> <p>Exercise 30 minutes a day</p>	<p>9</p> <p><a href="#">Attracting Money MP3</a></p>
<p>10</p> <p><a href="#">Divinity Movie</a></p>	<p>11</p> <p>Remember be gentle with yourself</p>	<p>12</p> <p>Focus on breathing deeply today</p>	<p>13</p> <p><a href="#">10 ways to get motivated to change</a></p>	<p>14</p> <p>Assume full responsibility for your actions</p>	<p>15</p> <p>"Your life becomes the thing you have decided it shall be." – Raymond Charles Barker</p>	<p>16</p> <p><a href="#">Weight Loss Hypnosis MP3</a></p>
<p>17</p> <p>"It is wisdom to believe the heart." – George Santayana</p>	<p>18</p> <p><a href="#">Meditation Relieves stress</a></p>	<p>19</p> <p>Laughter is good for the soul</p>	<p>20</p> <p>Trust your wisdom and judgment</p>	<p>21</p> <p>Forgive someone today</p>	<p>22</p> <p>Take a nice walk and appreciate nature</p>	<p>23</p> <p><a href="#">Stop Smoking Hypnosis MP3</a></p>
<p>24</p> <p><a href="#">Self Development Radio</a></p>	<p>25</p> <p>Live in Gratitude</p>	<p>26</p> <p>Practice smiling, it increase serotonin</p>	<p>27</p> <p><a href="#">Yahoo Health</a></p>	<p>28</p> <p>Joy is a choice</p>	<p>29</p> <p>"Excellence is to do a common thing in an uncommon way." – Booker T. Washington</p>	<p>30</p> <p><a href="#">Sleep Deeply Hypnosis MP3</a></p>
<p>31</p> <p><a href="#">Inspirational Quotes</a></p>						