

*Make 2025 your
HAPPIEST
Year!*

Workbook



www.365give.ca

Welcome to the New Year!

As a **special thank you** for being part of the 365give community, we have created something just for you to kickstart the New Year! And if you're new, welcome—we are so excited you have joined us!

We will start with good news -**no resolutions needed** and 2025 is all about YOU. All that is required is a commitment from you to make 2025 your happiest year yet. It's easier than you think.

You may be thinking, isn't 365give all about giving?

Yes we are, but we have some more good news. Giving isn't just about giving back to others; it has the same positive affects when you give to YOU!

In fact, this workbook is all about taking care of you first, and here's why: Giving from an empty cup (that's you) can feel draining and overwhelming. When we care for ourselves first, we are happier, healthier, and have more to give to others.

This workbook combines the science of self-care with the personal benefits of giving, all multiplied by the compounding positive effects of a daily practice.

It doesn't have to take a lot of time—literally a few minutes each day—and will have a big positive affect on your happiness.

***This is an investment in you because you are your greatest asset.
Let's get started!***

One Step at a Time

LET'S GET STARTED!
DO EACH OF THESE STEPS TO GET THE MOST
OUT OF THIS WORKBOOK.

01

PRINT OR DOWNLOAD

For maximum insight, print this workbook to fill out manually, or download and type directly into it—just remember to save your progress!

02

LISTEN TO THE PODCAST - HUMAN IMPACT THEORY

Jacqueline Way, Founder of 365give will guide you through the why, the science, and the simple practices that will help you create your happiest year yet. You can listen on YouTube or Spotify.

03

START TODAY

Start your first question today. You don't have to do it all at once, but just get started now. The first step is always the hardest. The workbook includes 6 questions that will help you design your own self-care practices. No two people are the same, so make this your own.

04

CONNECT: WE ARE HERE FOR YOU!

We love hearing about your journey. Share your progress or reach out for support via [@365give.ca](https://twitter.com/365give) or email us at changetheworld@365give.ca. Let's thrive together!

05

SHARE

Happiness is contagious. Share this workbook with friends and family. Support each other, create an accountability circle for your new self-care practice, and try new ideas from each other!

The 6 Key Questions

QUESTION 1: REFLECT WHAT ARE YOU ALREADY DOING?

We start by recognizing self-care practices we may already be doing. Often, you're already practicing self-care without being aware of it or celebrating it. Let's take some time to look back so we can move forward happier and healthier.

DID YOU DO ANY OF THESE SELF-CARE ACTIVITIES?

- Eating healthy food
- Regular 4 min breaks during work
- Listening to Music
- Dancing
- Reading for pleasure
- Maintaining organized home
- Gardening
- Walking or cycling to work
- Crafting or DIY Projects
- Doing something that scares you
- Watching a favorite show or movie
- Time with friends
- Journaling
- Practicing gratitude
- Drinking water!
- Quality sleep
- Meditation
- Deep breathing breaks
- Watching a sunset or sunrise
- Stopping to smell the roses

REFLECTION QUESTIONS

Did you find some activities you already do?
How often are you doing them?
Do you do any of these daily?
Could you do more than one daily?



Self-care is listening to yourself—being aware of what you really need. Anytime we can listen to our true selves and give the care we require, we do it not only for ourselves but for the many others whose lives we touch.



START REFLECTING WITH YOUR DEVICE

Our devices record and capture so much of our lives. Let's use it as a tool to look back on the year to see what self-care activities you did. Remember the list on page 2—even the smallest acts of care count.

PHOTOGRAPHS

Browse through your photos. Identify moments when you took time to do things for yourself that brought you happiness. It can be simple moments—a sunset, a beautiful flower, a healthy meal you made for yourself, a holiday, or time with friends. It all matters and counts. Make a list below.

MUSIC

Music is food for the soul. It can change our mood and make us dance in just a few seconds. What's on your playlists? What are your favourite songs today? What makes you sing and dance right now? Make a list below.

MONTHLY CALENDAR 2024

Flip through your calendar. Write down any personal care or fun activities you scheduled. Were there enough, or was it overwhelmed by work, obligations, or taking care of everyone else?

“

*Self-care is how you
take your power back*

”

SOCIAL MEDIA

Your social media feed reflects what you consume daily—just like food, it can either fuel you or drain you. Take a few minutes to examine your feed. Scroll through. (but don't get stuck!) Is it uplifting or anxiety-inducing? Unfollow 10 negative accounts and follow 10 new positive accounts that inspire or educate you. Write down your new accounts. (hint @365give.ca is a good new one to follow!)

Get Started Today

What better day to start than today? Create a seven-day self-care list you know you can complete. Choose your top 7 favorite activities from your list on page 7. This will be the best "to do" list you have ever created because this list is for YOU!

QUESTION 3: HOW WILL YOU GET STARTED TODAY?

01

02

03

04

05

06

07

SCHEDULE: MAKE A PLAN

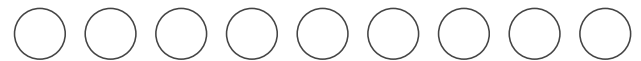
TIME OF DAY	SELF-CARE ACTIVITY
WAKE UP	
BREAKFAST	
MID MORNING	
LUNCH	
MID AFTERNOON	
DINNER	
EVENING	
BED	
OTHER	
EXTRAS	

TRACK THE ESSENTIAL PRACTICES FOR GOOD HEALTH

WATER (PER GLASS)



SLEEP (PER HOUR)



MOOD (END OF DAY CHECK IN)



NOTES

Habit Tracker

QUESTION 4: HOW WILL YOU MAKE A HABIT?

Keeping track of your new habits and practices can help you stay on track and achieve your happiness goal. It takes up to 66 days to create a new habit (that's science). Fill out your top 12 self-care actions and mark them off each day you successfully complete one. Print this for up to 6 weeks until your self-care practices are automatic. You don't have to do something different every day. Repetition is the key to keeping new habits as part of your lifestyle and routines.

WEEK #: _____

SELF-CARE ACTIVITY	S	M	T	W	T	F	S
01	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
02	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
03	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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05	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
06	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
07	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
08	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
09	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

REFLECTION NOTES

Train Your Brain

Every time you complete a self-care activity, it's crucial to celebrate. This simple act trains your brain to recognize these moments as rewarding. By acknowledging your accomplishments, you stimulate a dopamine release that fires a sense of pleasure and motivation, reinforcing the habit.

QUESTION 5: WHAT WILL YOU DO TO CELEBRATE?

HIGH FIVE



Give yourself a high five: literally pat yourself on the back or clap your hands in celebration. This physical action can boost your mood instantly.

SHOUT IT LOUD



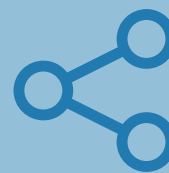
Say something encouraging like, "Great job!" or "YES! I did it!" Hearing positive affirmations, even from yourself, can increase your sense of achievement.

JOURNAL



Take a moment to write down what you completed in a diary or a note-taking app. Seeing your progress can be incredibly satisfying and helps to create new pathways in your brain.

SHARE WITH A BUDDY



Do this workbook with a friend or group so you can text each other every time you complete an activity. Try posting on your social media to inspire others.

january

2025

sunday	monday	tuesday	wednesday	thursday	friday	saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

As an added bonus, we've included a full calendar for January 2025. Feel free to pre-plan by writing one self-care action for each day, or simply fill it in as you go to keep a record for the upcoming month. This calendar is a great way to keep organized and on track.

notes

Anything you would change or you loved?

YOUR GO TO *Resource List*

Welcome to our self-care resource page! Here, you'll find a curated list of tools and apps designed to support your self-care journey.

INSIGHT TIMER

INSIGHT TIMER OFFERS A WIDE RANGE OF FREE GUIDED MEDITATIONS AND A CUSTOMIZABLE TIMER FOR PERSONAL PRACTICE. IT'S IDEAL FOR ENHANCING MENTAL WELL-BEING, CONNECTING WITH A COMMUNITY OF USERS, AND DISCOVERING TEACHERS THAT WORKS BEST FOR YOU. .



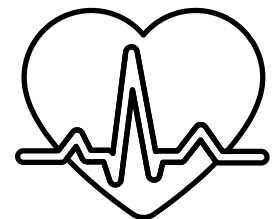
HABIT TRACKER

HABIT TRACKER APP HELPS USERS ESTABLISH AND MAINTAIN HABITS BY SETTING AND TRACKING DAILY ROUTINES, GOALS, AND PROGRESS, SUPPORTING LONG-TERM PRODUCTIVITY AND HABIT FORMATION. YOU CAN BE NOTIFIED WITH REMINDERS TO TAKE CARE OF YOU EVERYDAY!



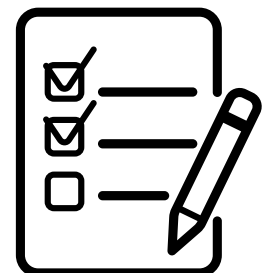
MY FITNESS PAL

PRIMARILY A NUTRITION AND FITNESS TRACKER APP, THIS APP HELPS USERS MAINTAIN HEALTHY EATING HABITS AND EXERCISE ROUTINES BY LOGGING MEALS AND WORKOUTS. IT'S PERFECT FOR THOSE WHOSE SELF-CARE GOALS INCLUDE IMPROVING PHYSICAL HEALTH.



TODOLIST

THIS APP IS GREAT FOR ORGANIZING AND PRIORITIZING TASKS EFFICIENTLY. IT'S IDEAL FOR THOSE WHO WANT TO INTEGRATE HABIT TRACKING WITH THEIR DAILY TO-DO LISTS, MAKING IT EASIER TO STAY ON TOP OF SELF-CARE ROUTINES ALONGSIDE OTHER RESPONSIBILITIES.



You Did It!

**THANK YOU FOR COMING!
THANK YOU FOR CHOOSING YOU FIRST!
THANK YOU FOR GROWING YOUR HAPPINESS
YOU FOR THE IMPACT THIS WILL MAKE ON THE WORLD.**

Don't Stop Here

You've already taken the first step by dedicating time to reflect and focus on yourself.

This is just the beginning.

Continue to go back with what you've created, add more ideas, or start a new journal to keep your self-care a consistent part of your life.

Remember, there's no one quite like you, and the world benefits most when you are at your best—your happiest.

- **You deserve to put yourself first.**
- **You are brave enough to begin this journey.**
- **You can practice what truly brings you happiness.**
- **You have the time to prioritize your happiness.**

By embracing these practices and tools, you are setting the stage for what can be the happiest year of your life.

Just know we believe in your happiness, and we are so excited to see the extraordinary year you will create by putting yourself first.

www.365give.ca / changetheworld@365give.ca

