



April, 2025.

Move, Learn, Reset. How to.

It happens to us all- you decide to change your life at 3am one night, and make a plan about all the new habits you'll implement as soon as you wake up.

Unfortunately... you won't stay consistent!

This midnight motivation crisis gets the best of us all, and only produces a short-time burst of inspiration and motivation. What happens when that motivation runs out, or takes a day off? You stop, and abandon your goals!

So, a strong commitment to (and patience!) with ourselves, habits we actually enjoy, and discipline, will keep us going on days when our motivation is down.

This "Move, learn, reset." calendar was created as a form of commitment to yourself. Whether you see it as a 4 week challenge, reset, or sprint, it is here for you to personalize, continuously reflect upon, and hold yourself accountable!

Print it out, and put it somewhere visible, so you can tick off each day!

It covers 3 areas; move, learn, reset. Forming habits in all 3 areas will lead to increased overall-wellbeing, balance, and improved self-esteem.

For each day this month, **write 3 promises to yourself**; one to move, one to learn, and one to reset. Some might already be in your daily routine... PERFECT!

Add them anyway!

Examples:

Move.

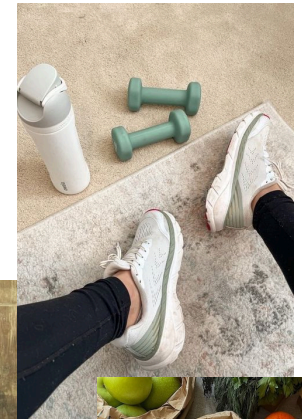
- Walk, run, 45 min COR Livestream, gym.

Learn.

- Read, TED talks, study.

Reset.

- Self care, home-made dinner, socialize, sleep early.







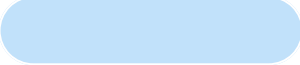


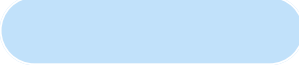


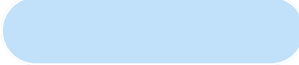


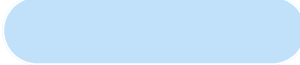


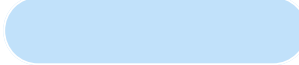


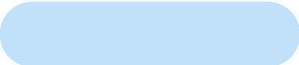


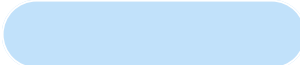


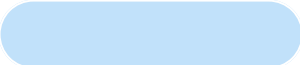


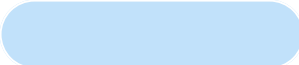


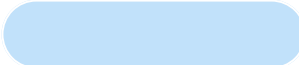


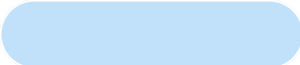


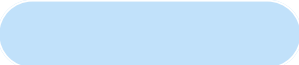


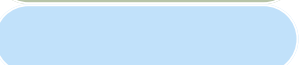


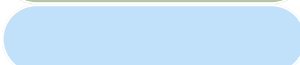


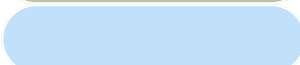


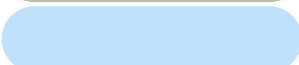


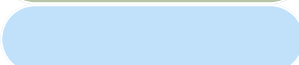


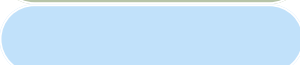


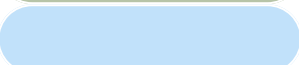

































April, 2025.

Move, Learn, Reset.

Move.

Learn.

Reset.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31	01   	02   	03   	04   	05   
06   	07   	08   	09   	10   	11   	12   
13   	14   	15   	16   	17   	18   	19   
20   	21   	22   	23   	23   	25   	26   
27   	28   	29   	30   	01	02	03