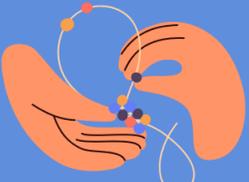


JANUARY 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1  Set S.M.A.R.T. goals for 2024	2  Motivate and inspire others.	3  Practice relaxation skills.	4  Participate in Dry January.	5  Write letters to your future self.	6  Connect through conversation.
7  Start your week with mindfulness.	8  Register for the OAA Summit.	9  Be self-compassionate.	10  Create a winter bucket list.	11  Have a youth-led dance party at home.	12  Prevent burnout.	13  Be nice on the internet.
14  Empower youth by planning for the future.	15  Honor Martin Luther King Jr. Day.	16  Enjoy cultural meals.	17  Manage intense emotions.	18  Name 3 things you're thankful to have.	19  Register for the We Are Change Rally.	20  Spend time outdoors.
21  Redefine your relationship with alcohol.	22  Explore Lunar New Year Celebrations.	23  Know the signs of teen substance use.	24  Compliment a friend.	25  Boost your mood.	26  Improve your mental health.	27  Explore winter in Ohio.
28  Prevent unsafe internet habits.	29  Serve others.	30  Participate in family game night.	31  Create art.			

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Prevention
Action Alliance

Click the links for short activities you can do to help support [everyday prevention](https://www.everydayprevention.org) in your community.