**Meine zwölf positiven Vorsätze für Januar 2019**

1. Jeden Morgen direkt nach dem Aufstehen für 10 Atemzüge rausgehen auf den Balkon.

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| 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 |
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1. Jeden Tag mindestens einem Menschen ein Kompliment machen.

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| 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 |
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1. Jeden Tag mindestens eine Mahlzeit in Stille und ohne Buch, Zeitung oder Handy geniessen.

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| 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 |
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1. Jeden Tag mindestens 20 min Zeit nehmen für meine persönliche Yogapraxis (Asana, Pranayama, Meditation).

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| 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 |
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1. Mindestens ein bildschirmfreier Abend pro Woche (kein Handy, kein Computer).

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| 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 |
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1. Mindestens ein zuckerfreier Tag pro Woche.

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| 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 |
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1. Mindestens einmal pro Monat einen ganzen Tag in der Natur verbringen.

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|  | Wo:  |

1. Pro Monat maximal einen Müllsack füllen (ab März).

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1. Pro Monat mindestens ein Buch (kein Hörbuch) lesen.

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|  | Buchtitel:  |

1. Mindestens einmal pro Monat einen Blog-Beitrag schreiben.

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|  | Thema:  |

1. Mindestens einmal pro Monat jemandem eine handgeschriebene Postkarte oder einen Brief senden.

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|  | Wem: |

1. Einmal pro Monat jemanden zu mir nach Hause zum Essen einladen (ab März).

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