

# 2025! January

## AbunDANCE Calendar!

Kick Off the Year by Manifesting an Abundance of Joy, Prosperity & Peace!

**Your New Year's Mantra:**  
**I'm Gonna Raise My Vibration and Be An Adorable Badass at Manifesting What I Want in 2025!**

*Change the way you look at things and the things you look at change.*

Kick Off Each Week With an Abun-DANCE! - Pick a Song and Dance!

**5**  Declutter one area in your home, clearing space for new energy.


**6** Practice a 5-minute abundance meditation.  (Visualize your dream life.)


**7** Take a nature walk, focusing on the abundance in the world around you. 

**8** Set a daily affirmation to use for the next 7 days. (e.g., "I am deserving of abundance" or "I am aligned with abundance and joy").

**9** Identify one habit that doesn't serve your goals and replace it. Oh, and sign up for Camp AbunDANCE! 

**10**  Organize your wallet, purse, or financial documents. Treat money with love & respect.

**11**  Donate items or money to support someone else's abundance journey. Or give back—donate to a cause or tip generously, trusting abundance will return to you.

**12**  Write a letter to your future self, describing your abundant life. Write a letter of gratitude to the universe for already delivering your desires.


**13** Create a financial abundance budget or spending plan that aligns with your financial goals.

**14** Celebrate a small win with a joyful activity. 

**15**  Visualize your day going perfectly, then act as if it's true. Visualize money coming to you easily, seeing your bank account grow.

**16** Take a bold action step toward one of your goals.

**17**  Write out a list of all your unique talents and strengths.

**18** Create a mantra for abundance! "Abundance flows effortlessly to me" "Money flows to me in expected and unexpected ways". 

**19**  Choose a crystal or object to serve as a manifestation anchor. Carry it with you.

**20**  Start a manifestation jar—add notes about things you want to attract.


**21** Celebrate progress so far by treating yourself to something special!

**22**  Spend 5 minutes visualizing gratitude for your goals as if they're achieved.

**23**  Connect with a mentor, friend, or resource to inspire you.

**24** Create a list of people you can help uplift or support. 

**25** Spend 10 minutes in stillness, listening for inner guidance. 

**26**  Reflect on what abundance means to you and revise your wishes if needed.

**27**  Write down all the synchronicities or good fortune you've noticed this month.

**28** Make time for joy. Do something purely for fun and relaxation. 

**29**  Today is the new moon. Write down what you want to manifest in February. Put it under your pillow!

**30**  List your January successes and reflect on lessons learned. Revisit your vision board—update it if needed.

**31**  Write an affirmation to carry into February ... "I welcome limitless opportunities for abundance." "My energy attracts what I desire magically and effortlessly."

Days 1-7: Foundation of Abundance (Gratitude & Mindset)

Days 8-14: Aligning Actions with Intentions

Days 15-21: Manifestation in Action

Days 22-28: Trusting the Process

Days 29-31: Wrapping Up and Future Momentum

Download the calendar and follow along at [campattagirl.com/calendar](http://campattagirl.com/calendar) or [happinesselement.com/calendar](http://happinesselement.com/calendar).