

Hello, January!

The **#GlobalYou365 Challenge** is meant to spark reflection on who you are and what you want, now that you've been abroad. This self-knowledge will give you a clearer vision for creating your ideal global life at home and abroad. This challenge is intended to be simple and fun, and there's no right or wrong way to do it. So have fun with it and enjoy the process!

- On the first of the month, start with prompt #1. There's one prompt for each day of the month.
- To have easy access to the daily prompts, you can print out this page, cut out the list of prompts to the right, and tape the list to a page in your journal. Or print the list on a page of clear or white labels (use the label download), and stick one label on each page of your journal.
- There are unlimited ways to respond to the daily prompts! Write a paragraph, make a list, jot down keywords, doodle...go simple or get creative!
- At the end of the month, look back at what you wrote. What themes or patterns do you see? What are you learning about yourself? Jot down your observations on a page in your journal.
- Sharing is part of the fun so do share your pages on Instagram! You never know who you might inspire, and who might inspire you. Use the hashtags **#MyGlobalLife** and **#GlobalYou365** and tag me (**@smallplanetstudio**) so I can find you!

[Small Planet Studio](#) is a personal and professional development company that provides services for global adventurers who have been changed by living and traveling abroad and don't want to readjust to the status quo of the home they left behind. Our goal is to help global adventurers create *global lives* so they can flourish at home and abroad. The key to that is understanding how to find your global life ingredients and use them to create a meaningful, satisfying, and sustainable global life that fits you as perfectly as your favorite travel shoes.

Global You 365 // January

1. Favorite memories from December
2. Favorite travel items
3. What I miss about home when abroad
4. What makes me smile
5. Top travel moments
6. Favorite travel snacks
7. My strengths
8. My goals for 2016
9. Things I want to try
10. Favorite time wasters
11. How I feel when I'm abroad
12. People I'd love to invite to dinner
13. Where I've lived
14. Ways I'm confident
15. What I love about my work
16. Best photos I've taken
17. Projects I've started but not finished
18. What I'm good at
19. What I'm looking forward to in 2016
20. What I'd like to be better at
21. What I do when I have free time
22. What I thought about as I got ready today
23. What I love to do on a sunny day
24. Habits I picked up abroad
25. My morning routine
26. Times I've surprised myself
27. What I wish for the world
28. My favorite recipes
29. People I'd like to thank and why
30. Favorite breakfasts
31. What makes me feel loved

#MyGlobalLife #GlobalYou365
Instagram: [@smallplanetstudio](#)