

January 2022

Inspiration Calendar



SUN

MON

TUE

WED

THU

FRI

SAT

This month, we're toasting to a brand new year full of possibilities.

Sign up for our newsletter! We'll send you the hottest toast stories from time to time to brighten up your day.

1
New Year's Day
Happy 2022!

2
Set better goals for the new year with [these tips](#).

3
Get into [growth mindset mode](#) and be your most badass self.

4
[Load up on veggies with this vegan pad thai recipe](#).

5
[Planning to cut back on booze this year? Here are some tips](#).

6
[Be a pal to the Earth by cutting down on plastic waste](#).

7
Have a relaxing night in.

8
Spend at least 10 minutes doing something just for you.

9
Prep meals for the week with [these efficient, eco-friendly tips](#).

10
[Feel pretty with some inspo from these body-positive influencers](#).

11
[Curl up with your blanky and one of these great books](#).

12
[Eat to feel your best, no diet needed](#).

13
Make your weekday routine a little [more active](#).

14
Kick off your weekend with [this 2000s dance party playlist](#).

15
Planning a warm getaway? Here are [5 travel tips for 2022](#).

16
Enjoy some [Insta poetry](#). Maybe even write your own.

17
[Take a career risk \(without going broke!\)](#).

18
Kick burnout in the butt. [Here's how](#).

19
Master work-life balance. Here are a few [apps to help](#).

20
Brighten someone's day. [Here are 5 ways](#).

21
Toast to the weekend with [these champagne cocktails](#).

22
Do some journaling and enjoy [all the benefits](#).

23
Try [culinary therapy](#) to clear your mind and fill your belly. 30

24
Dive into [socially-responsible investing](#). 31

25
Improve your work-life balance with [these helpful apps](#).

26
Tidy up your headspace with a [mental hygiene practice](#).

27
Chill with your pet (or [consider adopting one!](#)).

28
Date night: Try one of these [fun at-home winter date ideas](#).

29
Read the latest on the environment in [The Narwhal](#).