

## *How to Use This Calendar*

- The month and year are intentionally left blank so that you can start working on your consistency immediately.
- The monthly calendar has a class suggestion for each day for 4 weeks/28 days. The links are clickable and will bring you directly to the class page. On the last couple days of the month, you choose which classes you want to repeat.
- Start with #01 on day 1, #02 on day 2, and so on.
- The yearly calendar is there to mark as you continue after the suggested classes so you can see your long term success.

## *Here are five things I found to help stay consistent:*

- 1. Actually mark the Yearly Consistency Calendar on the days you show up and practice.**  
(going old school with a gold star is totally awesome)
- 2. Schedule time in advance to allocate to your new habit and make it non-negotiable.**  
Instead of watching Netflix for an hour, take a portion of that time to commit to your yoga habit.
- 3. Give yourself some leeway when you get off track.**  
No need to beat yourself up over it. Instead, learn from it and recommit.
- 4. Celebrate all the wins!**  
Success is success...if you made it two days; give yourself a high five.  
If you missed a day, you noticed it, but got back to it the next day—it's a win; give yourself a high five.
- 5. Use Mel Robbins' 5 second rule.**  
If you're not familiar with it, here's how it works: When it's time to do something and you are having a hard time starting, count down 5,4,3,2,1 and then get up and do it! Take Action!!

## *Additional Suggestions:*

### **Start with realistic goals and set yourself up for success.**

You do not have to practice 6-7 days a week nor does it have to be 60+ minutes if you have to sacrifice other important things in your life. If 10 min 3 days a week is what you can manage...do that and stick to it.

### **Decide that this will make you feel good.**

Going in with a positive intention and mindset will make the process smoother and will encourage longevity.

### **Get support!**

Post in the [Head Over Heart Yoga FB Group](#) with your wins so we can all give you a high-five!

*Cheers to creating confidence through consistency!*

# CONSISTENCY CALENDAR

HOLLY R JAHN YOGA.COM

01 <a href="#">Release Tension</a> 13 min	02 <a href="#">Tone Your Core</a> <a href="#">Yoga + Pilates</a> 14 min	03 <a href="#">Feet, Ankles, &amp;</a> <a href="#">Leg Release</a> 26 min	04 <a href="#">Energy Pick Me</a> <a href="#">Up</a> 16 min	05 <a href="#">Gentle Stretch</a> 30 min	06 <a href="#">Creative Vinyasa</a> <a href="#">Flow</a> 20 min	07 <a href="#">10 min Guided</a> <a href="#">Breathing</a> <a href="#">Meditation</a>
08 <a href="#">Leg Day</a> 19 min	09 <a href="#">20 min Lower</a> <a href="#">Body Stretch</a>	10 <a href="#">Break the Rut</a> <a href="#">Vinyasa Flow</a> 21 min	11 <a href="#">Unwind with</a> <a href="#">Twists</a> 22 min	12 <a href="#">20 min Energy</a> <a href="#">Boost</a>	13 <a href="#">Open Heart</a> <a href="#">Open Hips</a> <a href="#">Vinyasa Flow</a> 26 min	14 <a href="#">Daily Intentions</a> <a href="#">5 min Meditation</a>
15 <a href="#">Get out of Your</a> <a href="#">Head &amp; Into Your</a> <a href="#">Body</a> 23 min	16 <a href="#">Side Bending</a> 30 min	17 <a href="#">Go To Flow</a> <a href="#">Lower Back</a> 17 min	18 <a href="#">Yoga for</a> <a href="#">Receptivity</a> 8 min	19 <a href="#">Sweat It Out</a> 30 min	20 <a href="#">De-Stress Wind</a> <a href="#">Down</a> 21 min	21 <a href="#">Calm Reset</a> 30 min
22 <a href="#">Lengthen Your</a> <a href="#">Waistline</a> 14 min	23 <a href="#">Hands, Head, &amp;</a> <a href="#">Neck Release</a> 25 min	24 <a href="#">Anytime Stretch</a> 10 min	25 <a href="#">Fix Computer</a> <a href="#">Shoulders</a> 13 min	26 <a href="#">Yoga for Your</a> <a href="#">Back</a> 23 min	27 <a href="#">Hip &amp; Hamstring</a> <a href="#">Release</a> 29 min	28 <a href="#">Gentle Detox</a> 25 min
29	30	31	<i>Repeat your favorites to finish out the month.</i>			

# CONSISTENCY CALENDAR

YEAR: \_\_\_\_\_

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January	February	March	April	May	June	July	August	September	October	November	December
01	01	01	01	01	01	01	01	01	01	01	01
02	02	02	02	02	02	02	02	02	02	02	02
03	03	03	03	03	03	03	03	03	03	03	03
04	04	04	04	04	04	04	04	04	04	04	04
05	05	05	05	05	05	05	05	05	05	05	05
06	06	06	06	06	06	06	06	06	06	06	06
07	07	07	07	07	07	07	07	07	07	07	07
08	08	08	08	08	08	08	08	08	08	08	08
09	09	09	09	09	09	09	09	09	09	09	09
10	10	10	10	10	10	10	10	10	10	10	10
11	11	11	11	11	11	11	11	11	11	11	11
12	12	12	12	12	12	12	12	12	12	12	12
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21	21	21	21	21	21	21	21	21	21	21	21
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26	26	26	26	26	26	26	26	26	26	26	26
27	27	27	27	27	27	27	27	27	27	27	27
28	28	28	28	28	28	28	28	28	28	28	28
29	29	29	29	29	29	29	29	29	29	29	29
30		30	30	30	30	30	30	30	30	30	30
31		31		31		31	31		31		31