

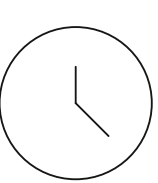
Brighter Each Day Challenge

Week 5

Jan 29th - 31st

This week we gain
20 minutes of daylight

Sunday 29th

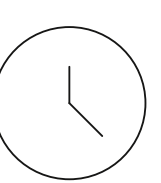


Sunrise: 07:44
Sunset: 16:43

Local

💡 Be prepared next time a friend's visiting from out of town by curating a list of your favourite local places. Sharing it might inspire them to think local too, supporting independent businesses.

Monday 30th

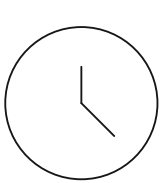


Sunrise: 07:42
Sunset: 16:45

Reflect

💡 Take time to reflect on what you've achieved this month. List your accomplishments, your challenges and any new habits you'll carry on into February.

Tuesday 31st



Sunrise: 07:41
Sunset: 16:46

Plan

💡 Congratulations! You made it through January. Give yourself another new challenge to look forward to by planning some spring and summer activities.