



*You Can Say Yes  
Motivational Guidance  
Services*

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*12 Month Calendar  
of positive habit development*

[www.youcansayyes.com](http://www.youcansayyes.com) – [www.followthelaughter.com](http://www.followthelaughter.com)

350 S. Northwest Hwy Park Ridge, IL 60068

Lynda@youcansayyes.com

(847) 401-5787 • (847) 692-6709 fax

## 12 Positive Habits

1. Dream Great - Find ways daily to say *YES* to you
  2. Relax the Seriousness all the time – take yourself lightly
  3. Focus on what is right and what is working well
  4. Do something different ...get out of the box
  5. Smile, wear a grin, and laugh a lot
  6. Don't wait...do it today
  7. Do what is right even when no one is looking
  8. Use the art of Meditation to find your inner calm
  9. Focus on what would be an improvement
  10. Practice random acts of kindness
  11. Give anonymously
  12. Spread joy contagiously
- 

A habit is generally formed within a month.  
When you make new habits, make them ones that work for you instead of against you, that way you won't have to work so hard to get rid of them in the future.

Use this calendar to create a habit that works by using the suggestions labeled in the Sunday of each week or come up with your own and practice it all week long with good feelings and happy intention every day of the week. Record your progress, add reminders or simply journal a thought, then at the end of the month celebrate your success!

*Many happy returns to a new marvelous Year!  
Delve with Excitement into 2012!*



# Delve into Twelve 2012

Take daily charge of marvelous you  
....choose to say *Yes!*

The big question is whether you are going to be able to say a  
hearty **yes** to your adventure *Joseph Campbell*

## January 2012

Sun	Mon	Tues	Weds	Thurs	Fri	Sat
1 Yes is a Word of Abundance	2	3	4	5	6	7
8 Say...Yes I matter this week	9	10	11	12	13	14
15 Say...Yes I can this week	16	17	18	19	20	21
22 Say...Yes I will this week	23	24	25	26	27	28
29 Say Yes	30 The difference..	31 is that....	I choose...	this week	to say...	Yes! Yes! Yes!

### Record your Yes Moments.....

Where did you say yes to you and yes to what really works and feels right?  
Log them daily and create an evidence journal of what works for you all  
month long.



## Take yourself lightly

As humans we overdo serious,  
create softness and flexibility

It is a curious fact that people are never so trivial as  
when they take themselves seriously *Oscar Wilde*

## February 2012

Sun	Mon	Tues	Weds	Thurs	Fri	Sat
For a case of the overly serious...	Ask, is this that important		1	2	3	4
5 Practice Random Silliness	6	7	8	9	10	11 When we act from love... All is possible
12 Ask more questions of every thing	13	14 	15	16	17	18
19 Be Curious... Ask more questions	20	21	22	23	24	25
26 Discover the 80/20 rule	27	28	29 Leap into Life Today!			100 years from now will it have made a difference?

### Record your Yes Moments.....

Where did you say yes to you and yes to what really works and feels right?  
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# Focus on what is Working right

Thinking about what is working well daily and what is right

Few people get weak eyes looking at the bright side  
*Anonymous*

## March 2012

Sun	Mon	Tues	Weds	Thurs	Fri	Sat
What is really right in your world?				1	2	3
4 What have you Accomplished	5	6	7	8	9	10
11 What makes you feel awesome?	12	13	14	15	16	17
18 If you knew you couldn't fail..	19	20	21	22	23	24
25 Celebrate your successes!	26	27	28	29	30	31 Do you now have a big list of right?

### Record your Yes Moments.....

Where did you say yes to you and yes to what really works and feels right?  
Log them daily and create an evidence journal of what works for you all month long.



## Do something Different...

Practice getting out of the box  
and away from automatic responses

Get out of the box and into your life, as there's no time like the present  
*Anonymous*

# April 2012

Sun	Mon	Tues	Weds	Thurs	Fri	Sat
1 If you want a different result...do something different	2	3	4	5	6	7
8 Use "What the Heck..." and explore a risk	9	10	11	12	13	14
15 Challenge yourself With eyes wide open	16	17	18	19	20	21
22 Really desire a change in something	23	24	25	26	27	28
29 Do everything above the ordinary	30					Change Is inevitable Growth is optional

## Record your Yes Moments.....

Where did you say yes to you and yes to what really works and feels right?  
Log them daily and create an evidence journal of what works for you all month long.



**Laughter makes  
the world go round**  
Smile at people, spread a good mood  
and laugh out loud  
*Laughter is an instant vacation Milton Berle*

## May 2012

Sun	Mon	Tues	Weds	Thurs	Fri	Sat
Subscribe to daily doses of comedy		1	2	3	4	5
6 celebrate World Laughter Day!	7	8	9	10	11	12
13 Call a friend and laugh this week	14	15	16	17	18	19
20 Liven up, and live longer... Smile all day long!	21	22	23	24	25	26
27 How many ways can you laugh?	28	29	30	31		seven days without laughter makes one week

### Record your Yes Moments.....

*Where did you say yes to you and yes to what really works and feels right? Log them daily and create an evidence journal of what works for you all month long.*



## Do it....Today

Practice the art of right now and create more wow as you empower yourself with possibilities

Tomorrow is the busiest day of the week *Spanish Proverb*

## June 2012

Sun	Mon	Tues	Weds	Thurs	Fri	Sat
					1	2
3 Someday is not a day of the week	4	5	6	7	8	9
10 What would feel good to accomplish	11	12	13	14	15	16
17 Ask for help, it doesn't have to be hard	18	19	20	21	22	23
24 How good will it feel when it's done?	25	26	27	28	29	30 The rewards are sweet!

### Record your Yes Moments.....

Where did you say yes to you and yes to what really works and feels right? Log them daily and create an evidence journal of what works for you all month long.



**Do what is right...**  
Even when no one is looking  
It's a character builder

Integrity is telling myself the truth and honesty is telling  
the truth to other people *Spencer Johnson*

## July 2012

Sun	Mon	Tues	Weds	Thurs	Fri	Sat
1 Create Your personal integrity Daily...	2  Keep your word	3	4	5	6	7
8 Start small and do simple things at home	9	10	11	12	13	14
15 Next something for your community	16	17	18	19	20	21
22 Lookout for someone in need	23	24	25	26	27	28
29 What is one bigger thing you can stand for today?	30	31				Take it on and feel it inside!

### Record your Yes Moments.....

*Where did you say yes to you and yes to what really works and feels right?  
Log them daily and create an evidence journal of what works for you all  
month long.*



## Practice Meditation

Create a little time each day to calm the mind and get to know you

*A free and silent mind is always in meditation Sassan*

## August 2012

Sun	Mon	Tues	Weds	Thurs	Fri	Sat
Meditation Clears the mind to hear the Simple truths			1	2	3	4
5 Slowly Listening to your breathing 5 minutes	6	7	8	9	10	11
12 Increase by 5 minutes	13	14	15	16	17	18
19 Increase the time and let go of thoughts	20	21	22	23	24	25
26 Breathe Increase Release Notice	27	28	29	30	31	Notice You!

### Record your Yes Moments.....

*Where did you say yes to you and yes to what really works and feels right?  
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# What's an improvement?

Practice the idea of thinking what would be better than where I am now

*The impossible is often the untried*

*J Goodwin*

## September 2012

Sun	Mon	Tues	Weds	Thurs	Fri	Sat
Think Opportunity Rather than Obligation						1
2 Notice how you feel now ... what would be valuable?	3	4	5	6	7	8
9 Think of what would be even bigger?	10	11	12	13	14	15
16 Think one better thought to elevate yourself Anytime	17	18	19	20	21	22
23 ... And what would be even bigger than this?	24	25	26	27	28	
30 Notice	You	are no longer	in the same	place!	Did your Thoughts	Become Actions?

### Record your Yes Moments.....

Where did you say yes to you and yes to what really works and feels right? Log them daily and create an evidence journal of what works for you all month long.



# Random acts of Kindness

Daily doses of care and compassion  
can live everyone's day

Love waits until kindness starts  
Balasubramanian

## October 2012

Sun	Mon	Tues	Weds	Thurs	Fri	Sat
What you put out comes back...	1 Recycle Kindness	2	3	4	5	6
7 Be right or Be kind... Choose	8	9	10	11	12	13
14 Focus on one person to be kind to	15	16	17	18	19	20
21 Focus on one group to be kind to	22	23	24	25	26	27
28 Be kind to random Strangers	29	30	31			How does kindness feel to your soul?

### Record your Yes Moments.....

Where did you say yes to you and yes to what really works and feels right?  
Log them daily and create an evidence journal of what works for you all month long.



## Give Anonymously

The act of giving has enormous benefits,  
doing it silently can be it's own reward

*I have found that among its other benefits, giving liberates  
the soul of the giver*

*Maya Angelou*

# November 2012

Sun	Mon	Tues	Weds	Thurs	Fri	Sat
Giving is receiving..	Experiment with hugs			1	2	3
4 Give with words spoken or written	5	6	7	8	9	10
11 Give with deeds for foe and friend	12	13	14	15	16	17
18 Give yourself a break... Give time	19	20	21	22	23	24
25 Give to make a difference	26	27	28	29	30	What have you received?

## Record your Yes Moments.....

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## Spread Joy Contagiously

A way to live large is to give unconditionally.  
Give joy liberally

Sometimes your joy is the source of your smile, but  
 Sometimes your smile is the source of your joy  
*Thich Nhat Hahn*

# December 2012

Sun	Mon	Tues	Weds	Thurs	Fri	Sat
I am Joy	I live Joy	I feel Joy	I see Joy	I know Joy	I am Joy	1
2 What gives you joy? Spread it and grow	3	4	5	6	7	8
9 What gives others joy ...act on their joy!	10	11	12	13	14	15
16 Wear your joy on your person Live it up!	17	18	19	20	21	22
23 Give your joy away freely	24	25	26	27	28	29
30 How much joy...	31 Can you really handle?					

### Record your Yes Moments.....

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Personal individual • Professional individual • Professional Group  
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Laughter Presentations • Laughter Certification Trainings • Laughter Workshops • Laughter Retreats

*Begin to use language in a way that works and empowers you to move from striving to thriving  
All by recognizing the power and possibility within*

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Be Curious...

Call Today

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Say Yes to yourself today and try it on  
for a comfortable fit!

*May you live all the Days of your Life in 2012*

*Joyously*