



A HEALTHY CAREER

2019 Editorial Calendar

JANUARY SUCCESS: Goals, Resolutions, Success & Productivity

FEBRUARY LOVE: Love Yourself, Love Your Body & Love One Another

MARCH MEDITATION: Motivation, Mindfulness, Meditation & Mental Strength

APRIL FRESH: Fresh Eating, Spring Cleaning, Re-Starts & Balance

MAY NEWNESS: Beauty, Nature, Nutrition, Health Care, Alternative & Holistic

JUNE VIBRANCE: Positivity, Energy, Breath, Aging & Vitality

JULY FUN: Food, Travel, Adventure, Fun & Family

AUGUST ACTIVITIES: Snack Hacks, Organization, Learning & Experimenting

SEPTEMBER STRONG: Training, Discipline, Renegade, Boldness, Strength & Edge

OCTOBER RENEWAL: Relationships, Reducing Conflict, Stress & Time Management

NOVEMBER GRATITUDE: Appreciation, Emotions, Compassion & Giving Back

DECEMBER JOY: Peace, Holiday, Happiness & Restoration