My January 2027 Goals

The month runs from Friday, Jan. 1 to Sunday, Jan. 31, 2027. Pick up to three goals and write the steps down.

GOAL 1

I want to _____

Why it matters _____

Steps I will take _____

_____

First step, and the date I start _____

GOAL 2

I want to _____

Why it matters _____

Steps I will take _____

_____

First step, and the date I start _____

GOAL 3

I want to _____

Why it matters _____

Steps I will take _____

_____

First step, and the date I start _____

> NIH's employee wellness program tip: "Write down the steps that will help you to achieve them." and "A journal, app, or online diary will help keep your focus."

Source: Wellness@NIH, Maintaining Healthy Habits (National Institutes of Health, Feb. 3, 2020).

January 2027 Habit Tracker

Write up to five habits above the columns, then tick a box at the end of each day. Jan. 1, 2027 is a Friday.

Day	Dated item	Habit 1	Habit 2	Habit 3	Habit 4	Habit 5
F Jan. 1	New Year's Day	☐	☐	☐	☐	☐
S Jan. 2		☐	☐	☐	☐	☐
S Jan. 3		☐	☐	☐	☐	☐
M Jan. 4		☐	☐	☐	☐	☐
T Jan. 5		☐	☐	☐	☐	☐
W Jan. 6		☐	☐	☐	☐	☐
T Jan. 7		☐	☐	☐	☐	☐
F Jan. 8		☐	☐	☐	☐	☐
S Jan. 9		☐	☐	☐	☐	☐
S Jan. 10		☐	☐	☐	☐	☐
M Jan. 11		☐	☐	☐	☐	☐
T Jan. 12		☐	☐	☐	☐	☐
W Jan. 13		☐	☐	☐	☐	☐
T Jan. 14		☐	☐	☐	☐	☐
F Jan. 15	IRS estimated tax due	☐	☐	☐	☐	☐
S Jan. 16		☐	☐	☐	☐	☐
S Jan. 17		☐	☐	☐	☐	☐
M Jan. 18	Martin Luther King Jr. Day	☐	☐	☐	☐	☐
T Jan. 19		☐	☐	☐	☐	☐
W Jan. 20		☐	☐	☐	☐	☐
T Jan. 21		☐	☐	☐	☐	☐
F Jan. 22		☐	☐	☐	☐	☐
S Jan. 23		☐	☐	☐	☐	☐
S Jan. 24		☐	☐	☐	☐	☐
M Jan. 25		☐	☐	☐	☐	☐
T Jan. 26		☐	☐	☐	☐	☐
W Jan. 27		☐	☐	☐	☐	☐
T Jan. 28		☐	☐	☐	☐	☐
F Jan. 29		☐	☐	☐	☐	☐
S Jan. 30		☐	☐	☐	☐	☐
S Jan. 31	IRS filing option date	☐	☐	☐	☐	☐

☐ Shaded rows are Saturdays and Sundays. Weekday letters: S Sunday, M Monday, T Tuesday, W Wednesday, F Friday. Underlined items are dates from the next page.

January 2027 Dates to Plan Around

Official dates for January and February 2027, with room for your own deadlines. Tick Done as you go.

Date	What	Plan	Done
Fri., Jan. 1	New Year's Day, a federal holiday (Office of Personnel Management)	Day 1 of the habit tracker	☐
Fri., Jan. 15	Fourth estimated tax payment for 2026 due (Internal Revenue Service, Publication 505)	Skip it only if you file your 2026 return by Jan. 31 and pay the rest	☐
Mon., Jan. 18	Birthday of Martin Luther King, Jr., a federal holiday (Office of Personnel Management)	A day off from routine: plan your habits for it	☐
Sun., Jan. 31	Last day of the IRS option: file by then and pay the tax owed to skip the Jan. 15 payment	Last day of the habit tracker	☐
Mon., Feb. 15	Washington's Birthday, a federal holiday (Office of Personnel Management)	Next date for your review	☐
Not yet announced	IRS 2027 filing season opening date. Last year, the IRS opened the 2026 season on Jan. 26, 2026.	Write the date here:	☐
			☐
			☐
			☐
			☐
			☐
			☐

Source: U.S. Office of Personnel Management (OPM), Federal Holidays; Internal Revenue Service (IRS), Publication 505 (2026) and news release IR-2026-12, IRS opens 2026 filing season (Jan. 26, 2026); checked Nov. 4, 2026. The sheet lists the 2027 federal holidays for January and February only.

January 2027 Monthly Review

Fill it in after Sunday, Jan. 31: count the ticks, then decide what carries into February.

Habit	Days done
Habit 1: _____	___ of 31
Habit 2: _____	___ of 31
Habit 3: _____	___ of 31
Habit 4: _____	___ of 31
Habit 5: _____	___ of 31

WHAT WENT WELL

WHAT GOT IN THE WAY

KEEP DOING

CHANGE OR DROP

GOALS CHECK

Goal 1: done, partly done or not started _____

Goal 2: done, partly done or not started _____

Goal 3: done, partly done or not started _____

MY FOCUS FOR FEBRUARY 2027