

# Julia on the Edge

## 2024: A Year on the Edge!

### January

T: Good Things Take Time  
C: Challenge Your Edge  
B: Patience & Persistence  
W: Changing Habits  
F:

### February

T: Remember Why You Started  
C: Challenge Your Edge  
B: When Motivation is Low  
W: When Goals Seem Too Far Away  
F:

### March

T: Stay Strong  
C: Challenge Your Edge  
B: How Strong Feels + Camp Announcement  
W: Camp Preview  
F:

### April

T: No One is You & That is Your Power  
C: Challenge Your Edge  
B: Experiment of One  
W: Evaluating Where You Are  
F:

### May

T: Progress Over Perfection  
C: Challenge Your Edge  
B: The Messy Middle  
W: The Changing Schedule  
F:

### June

T: Keep Your Head Up  
C: Challenge Your Edge  
B: When the Overwhelm is Real  
W: The Changing Schedule  
F:

### July

T: Have Faith  
C: Challenge Your Edge  
B: Faith & Other Inspirational Words  
W: Nutrition for Athletes  
F:

### August

T: Keep Going  
C: Challenge Your Edge  
B: Are Your Habits Slacking?  
W: School Year Prep  
F:

### September

T: You Got This  
C: Challenge Your Edge  
B: Take a Breath  
W: Go You! Reset  
F:

### October

T: Give It All You Got  
C: Challenge Your Edge  
B: Is All You've Got Enough?  
W: Self-Coaching  
F:

### November

T: Don't Give Up  
C: Challenge Your Edge  
B: There is No Failure  
W: Family Nutrition  
F:

### December

T: Shine Your Light  
C: Challenge Your Edge  
B: The World Needs More of Who You Are  
W: Pockets of Time & Planning for 2024  
F:

T=Theme

C=Calendar

B=Blog article

W=Webinar/Live

F=Freebee