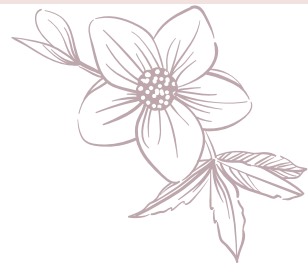


15 Resolutions to Make in the New Year



If you struggle with what goals to make in the New Year, try these ideas and personalize them to best serve you.

01

Schedule in Regular Rest Time (Make it to bed every night by 10 pm, Only work between the hours of 7 am and 5pm, Plan to rest on Saturdays (No Chores)).

02

Practice Regular Self Care 7-8 hours of sleep on average, Drink 64-90 ounces of water daily, Find an exercise program you like and do it at least 1x/week, Schedule a “me” date at least 1x/month

03

Read a Dedicated Number of Books for the Year

04

Read a Book about a Social Justice Issue you're Unfamiliar With Just Mercy, Be the Bridge, Separated by the Border, or We are Not From Here

05

Take a Social Media Fast weekly Fast from Social Media on Sundays

06

Technology Free Day 1x Week Eliminate all technology 1 day a week (TV, Phone, etc...)

07

Read & Study a new to you, book in the Bible

08

Start a New Family Tradition Big Breakfast Saturdays, Movie & Pizza Fridays, Family walks after dinner

09

Keep a Gratitude Journal Write 1 thing you are grateful for every day for the entire year. Read it at the end of the year

10

Pick up a New Hobby Start a Blog or Podcast, Take a virtual Watercolor class, Practice Baking Skills, Bread making

11

Shop local for all birthdays and holidays Search Etsy before Amazon, Support your friends with small businesses before big-name stores

12

Find a charity to support or volunteer at

13

Have a No Spend Month

14

Build up Your Emergency Fund Save \$1000, Save 3 months worth of expenses

15

Set up a weekly plan (and stick to it) Develop a cleaning routine, Start Meal Planning and Prepping, Spend 10 min every night planning for the following day.

