Try these 5 Activities

1. WRITE A GRATITUDE LIST
   Take some time on New Year's Eve to reflect on the past year. Write down everything you are thankful for. What did you achieve? What are you proud of? What challenges did you overcome?

2. SET GOALS FOR THE NEW YEAR
   The start of the New Year is a great time to plan for the future. What do you want to achieve? What are your goals? Write them down and create a plan to make them a reality.

3. HONOR THOSE WORTHY
   Make a conscious effort to show appreciation to the people around you. Thank your family and friends for their support. Make someone feel valued and appreciated.

4. TELL THE STORY OF YOUR DECEMBER 6TH
   Reflect on December 6th and think about what happened. What lessons did you learn? How can you apply these lessons to your life?

5. BRAINSTORM GRATITUDE
   Spend some time thinking about the things you are grateful for. Write down everything that comes to mind. This can help you feel more positive and grateful for the things you have in life.