New Year's Challenge: 30 Things to do For Yourself This Year

Use this template to help you kick off a fresh start to the New Year. Each thing you check off will help you become the best version of you. You can do these daily, weekly, monthly.



THE FRANCE CONTRACT	
1 Drink more water everyday	Do something active each day (10K steps a day is a good start!)
3 Listen to a podcast to learn something new	4 Do something kind for someone else
Take time for self-care	6 Learn a new skill or learn something new
7 Read more	8 Try meditation
9 Create a productive morning routine	Declutter and organize your home (and try to keep it that way)
[11] Organize your closet (less is more)	[12] Plan something special for your significant other
[13] Use less plastic in your home	Be more mindful of what you are putting in your body
15 Be more present and limit techonlogy	16 Spend time in nature
[17] Plan a trip to somewhere you have always wanted	[18] Cook something new
to go (even if you can't go right away)	Plan a small dinner party and start thoughtful conversions
20 Set financial goals	21 Update your resume

[23] Get enough sleep

[27] Volunteer or donate items

25 Set up a stock account or invest more

22 Make time for family

26 Check in on friends

Don't be too hard on yourself

[28] Be grateful for what you have

Plan weekend activities

(30) Choose happiness

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