

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.



- 1 Drink more water everyday
- 2 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
- 5 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
- 10 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
- 14 Be more mindful of what you are putting in your body
- 15 Be more present and limit technology
- 16 Spend time in nature
- 17 Plan a trip to somewhere you have always wanted to go (even if you can't go right away)
- 18 Cook something new
- 19 Plan a small dinner party and start thoughtful conversions
- 20 Set financial goals
- 21 Update your resume
- 22 Make time for family
- 23 Get enough sleep
- 24 Don't be too hard on yourself
- 25 Set up a stock account or invest more

[26] Check in on friends

[27] Volunteer or donate items

[28] Be grateful for what you have

[29] Plan weekend activities

[30] Choose happiness

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