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 techonlogy
- [ ] 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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