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