

# 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.



- Drink more water everyday
- Do something active each day (10K steps a day is a good start!)
- Listen to a podcast to learn something new
- Do something kind for someone else
- Take time for self-care
- Learn a new skill or learn something new
- Read more
- Try meditation
- Create a productive morning routine
- Declutter and organize your home (and try to keep it that way)
- Organize your closet (less is more)
- Plan something special for your significant other
- Use less plastic in your home
- Be more mindful of what you are putting in your body
- Be more present and limit technology
- Spend time in nature
- Plan a trip to somewhere you have always wanted to go (even if you can't go right away)
- Cook something new
- Plan a small dinner party and start thoughtful conversations
- Set financial goals
- Update your resume
- Make time for family
- Get enough sleep
- Don't be too hard on yourself
- Set up a stock account or invest more
- Check in on friends

- Volunteer or donate items
- Be grateful for what you have
- Plan weekend activities
- Choose happiness

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