

25 WAYS TO reset FOR THE NEW YEAR

1.

REFLECT ON
& PROCESS
THE PAST
YEAR

2.

HEAL YOUR
HEART

3.

FORGIVE
YOURSELF

4.

GET CLOSURE
& LET IT GO

5.

DECLUTTER
YOUR HOME

6.

UNFOLLOW
AND
UNSUBSCRIBE

7.

SIMPLIFY
YOUR LIFE

8.

HEALTHIFY
YOUR
PANTRY

9.

MAKE MORE
TIME FOR
FUN

10.

MAKE MORE
TIME TO
WORK OUT

11.

CREATE A
MORNING
RITUAL

12.

CREATE AN
EVENING
RITUAL

13.

DEFINE YOUR
GOALS FOR
NEXT YEAR

14.

IDENTIFY THE
REASONS
FOR YOUR
GOALS

15.

CREATE A
REALISTIC
PLAN

16.

CREATE AN
ACHIEVABLE
QUARTERLY
PLAN

17.

CREATE A
SIMPLIFIED
MONTHLY
PLAN

18.

CREATE
REALISTIC
WEEKLY &
DAILY TO-DO
LISTS

19.

MAKE
MEANINGFUL
TIME FOR
RELATIONSHIPS

20.

CREATE A
VISION
BOARD

21.

MAKE A
BUCKET LIST

22.

CREATE
HEALTHY
NEW HABITS

23.

CREATE A
WELLNESS
PLAN

24.

ADD
ACCOUNT-
ABILITY

25.

GIVE
YOURSELF
GRACE &
ENJOY YOUR
LIFE!