

57 Resolution Ideas

2018

PERSONAL GOALS:

- Exchange 1 hour of TV for 1 hour of reading each week (or day.)
- Volunteer in your community more this year. Make more time or create a volunteer schedule that fits into your regular schedule each month.
- Quit one bad habit and replace it with a new productive one.
- Make it a habit to write down your thoughts every single morning when you wake up and at night before you go to bed.
- Learn a new skill each season that you've always wanted to learn; you'll inherit 4 new skills by the end of the year.
- Pick up an old hobby that you used to enjoy doing. Or start a new one.
- Visit and explore one new place you've never been.
- Create a monthly bucket list of things to do just for you and check one off each month.
- Create a list of all the books you want to read this year, then a monthly, weekly, and daily reading schedule.
- Commit to reading one non-fiction life-enhancing book each month.
- Make a "Stop Doing" List, and commit to stopping one thing on that list each month.
- Have a dedicated spa day each week where you pamper yourself at home in the evening.
- Decide to cut out negativity. Apply Iyanla Vanzant's "No Whining Wednesdays" rule and commit to no complaining or negative talk at least one day a week.

FITNESS, HEALTH, & NUTRITION GOALS:

- Complete a 30 Day fitness challenge each month.
- Research and try a new diet such as the Keto Diet, Whole 30, Paleo, or Vegan/Vegetarian.
- Get in the habit of taking your vitamins.
- Get in the habit of drinking more water each day and first thing in the morning. Track your daily intake in your planner or with an app.
- Devote one hour each week to personal health and fitness research.
- Create and stick to a sleep schedule.
- Schedule and commit to your workouts each week. Join a challenge group or take classes at your gym.
- Try a new fitness class each month
- Keep a food Journal
- Take the stairs everywhere for the next 365. (seriously, get to steppin')

RELATIONSHIP GOALS:

- Make a list of people you want to talk to more often, then create a call or text schedule for the year so that you keep in touch.
- Commit to becoming a better listener.
- If you're shy, step out of your comfort zone and commit to making one new friend each month.
- Plan a meaningful and memorial surprise for your significant other each month.
- Spend more time with your family each week.
- Commit to visiting your parents, grandparents, aunts and uncles, etc. more often.

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SPIRITUAL GOALS:

- Start a gratitude Journal
- Read one page or chapter a day in the spiritual book of your choice.
- Start an "Awesome Events" jar and fill it with all of your accomplishments and best memories throughout the year.
- Create or follow a daily act of kindness challenge for yourself.
- Work on developing your emotional awareness.
- Commit to personal spiritual study at least twice weekly.

HOUSEHOLD GOALS:

- Clean out and donate items from all the closets in your home.
- Tackle a DIY you've always wanted to try.
- Start planning and saving for your dream home

ORGANIZATION GOALS:

- Start using a paper planner or planner app daily to organize your week.
- Plan your wardrobe weekly
- Decide to meal plan each and every week
- Declutter and organize your entire house
- Declutter your email, your snail mail, and your desktop and make an effort to keep it that way throughout the year.
- Organize, clean, and maintain your car regularly.
- Start using lists for efficiently tackling every day to-dos, tasks, objects, and appointments.

FINANCIAL GOALS:

- Create a savings plan and map it out for the next 52 weeks.
- Commit to physically writing out and implementing a beneficial budget plan.
- Do your investment research and begin investing monthly.
- Take a class to better understand an area of finance you'd like to improve in.
- Save a little extra each paycheck to give to charities or nonprofits you're passionate about.
- Save for your dream vacation, and then take it!

BUSINESS/CAREER GOALS:

- Sign up for a conference each year or bi-annually that increases your business knowledge or networking.
- Sign up for webinars, newsletters, and online courses from your industry's top gurus each month.
- Reach out to someone you respect in your industry each month.
- Go for that dream job. Create a plan to have that job this year.
- Ask for the raise you've been wanting. Create a considerate, valuable presentation for your bosses, and then don't be afraid to present it.
- Start that new business you've been talking about forever. Go ahead, make a plan, and make it happen!