

# **NEW YEAR RESET**

## **for your best year yet**

- Do an end of year reflection
- Journal with New Year writing prompts
- Write down what you're leaving in the past year
- Write down what you're calling into the New Year
- Clean
- Bring positive energy into your home
- Rest
- Move your body
- Assess your goals / intentions for the past year
- Plan your goals / intentions for the New Year
- De-clutter closet and donate clothes
- Create a personal re-brand Pinterest / mood board
- Note the word that sums up your past year
- Choose your word of the year
- Stop a bad habit
- Start a good habit
- Enjoy fun NYE food
- Enjoy healthy food (80/20)
- Purge expired beauty products
- Do self care
- Go through your pantry
- Get some nutrient dense groceries
- Journal / think about what alignment looks like for you
- Make a vision board

# What To Do With The New You

**Yan Bai**



**What To Do With The New You:**

Embark on a breathtaking journey through nature and adventure with Explore with is mesmerizing ebook, **What To Do With The New You** . This immersive experience, available for download in a PDF format ( Download in PDF: \*), transports you to the heart of natural marvels and thrilling escapades. Download now and let the adventure begin!

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