

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

Jiyuan Zhang



What To Do With The New You:

Fuel your quest for knowledge with Learn from is thought-provoking masterpiece, Dive into the World of **What To Do With The New You** . This educational ebook, conveniently sized in PDF (*), is a gateway to personal growth and intellectual stimulation. Immerse yourself in the enriching content curated to cater to every eager mind. Download now and embark on a learning journey that promises to expand your horizons. .

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