



Refreshing Resolutions

Mini Challenge



Consider approaching New Year's resolutions differently this year. Shift your mindset from setting goals to creating habits. Goals are great for visualizing large changes, but not always great for achieving them. Making this small change can impact your daily actions and enhance your life through small and simple decisions.

For example, rather than setting a goal to read five books this year outline an action that creates the habit of becoming a reader. A reader spends time each day developing this habit. Labeling the goal differently can help break it down into daily steps that seem more manageable. Start your new year off right by altering your mindset and creating refreshing resolutions.

Review the following page for habits you can incorporate into your routine. Improve your overall wellness by creating one habit within two of the following categories: intellectual, physical, emotional, social, environmental, financial. Write down your habits of choice and track your progress. Once you have chosen two categories, write down a goal that you would like, and then break that goal down into a small habit-forming activity. Check off boxes 4 out of 7 days of each of your habit-building practices.

Be creative and choose a habit that works for you!

Intellectual

- > Become an expert in one new topic by learning something new each day about that topic
- > Master time management by prioritizing tasks or creating a daily schedule

Physical

- > Work towards being a fitness pro by walking 10 minutes each day
- > Focus on being an intuitive eater by being mindful during meals and snacks
- > Make sleep a priority by winding down 15 minutes before bed each night

Emotional

- > Stress less by planning 10 minutes to recharge and relax into your schedule
- > Try turning off screens at the same time each day

Social

- > Develop gratitude by handwriting one thank-you note each day
- > Improve social connections by complimenting 2 people each day

Environmental

- > Organize your environment daily by making your bed prior to leaving your home for the day
- > Become environmentally conscious by picking up at least one piece of trash in your neighborhood

Financial

- > Become a financial expert by tracking your daily spending
- > Be a pro with your expenses, cut back by bringing food and snacks from home



Practice Makes Perfect

Choose 2 habits to incorporate into your daily routine. Check a box for each day you practice/work towards your goals.

Aim for a minimum of 4 days a week

Habit #1:

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Habit #2:

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday