

65 Rewarding New Year's Resolutions for a Healthy, Happy Life

The best resolutions often enrich your emotional health and spirit



- Build a better budget
- Practice mindfulness
- Cook something new each week
- Read more books
- Create a cleaning schedule you'll stick to
- Drink less alcohol
- Make dinner easier
- Weekly meal prep planner with grocery lists
- Commit to a healthier sleep routine
- Join a club
- Quit smoking
- Learn to love vegetables
- Prioritize annual health screenings
- Exercise your brain
- Become a plant owner
- Take the stairs
- Start doing yoga with your partner
- Plan a vacation
- Head to a day spa
- Make time for cuddling
- Drink up
- Chill out

- Volunteer regularly
- Consider therapy
- Get in a body-positive mindset
- Listen to novels while you work out
- Lift weights
- Give your feet better support
- Try a guided workout or class
- Try a new diet plan
- Learn a new skill
- Continue fun learning at home
- Stop procrastinating a tough decision
- Decorate with family history
- Try hydrotherapy
- Delegate more chores
- Keep clutter out of the kitchen
- Wear workout gear that makes you feel good
- Upcycle your wardrobe
- Explore new hobbies
- Ride a bike
- Give yourself a new look
- Invest in your skincare routine

- Play upbeat music
- Start walking more
- Write to yourself
- Do one thing at a time
- Make chaotic zones calm
- Embrace your new work schedule
- Make your bed every morning
- Go to bed on time
- Stay glued to the windows for sunshine
- Treat yourself to more facials
- Give yourself more compliments
- Head outside without your phone
- Say goodbye to toxic friends
- Be current about the news
- Add more citrus to your grocery cart
- Eat blueberries and walnuts
- Bathe for a better sleep
- Take more trips with no destination in mind
- Ease stress with kindness toward yourself
- Get artsy
- Make your home more fragrant
- Makeover your daily routine

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