Ways to Kick off your New Year!



1. Expand your thinking with new experiences.

Each month [for 30 days in a row, commit to doing something new](https://www.success.com/videos/youtube/ted-talks-try-something-new-for-30-days) that you have thought about doing, but have not done, and notice how it affects your life. Some possibilities: do aerobic exercise for 30 minutes, or just start exercising, listen to only positive music, don’t read the newspaper, stop watching television, eat only vegetarian or raw food, add 1 health food to your menu each day, verbally appreciate at least 10 people a day, [get eight hours of sleep](https://www.success.com/article/the-new-secrets-of-perfect-sleep), meditate for 20 minutes, visualize your goals as already complete, do 20 minutes of yoga, read a self-help book every morning for 30 minutes, plan your next day’s schedule and prioritized to-do list before you leave work, do five things every day that forward your No. 1 goal, spend an hour with your spouse or special other, call one of your children on the phone, write a handwritten thank-you note to someone, [drink 10 glasses of water](https://www.success.com/article/do-you-drink-enough-water), take a nap, listen to a motivational CD on the way to work. Start this month and do **one** activity for the next 30 days in a row and then assess how it has impacted your life.

2. Write letters to three people in your life to let them know what they mean to you.

And mail them!

3. [Start a business plan.](https://www.success.com/article/8-elements-of-a-successful-business-plan)

If you’ve been sitting on a business idea for a while and haven’t acted on it, it’s time to do something about it. Write down your ideas and start working on a business plan. If you don’t know how, buy a book on starting a business and read it, or check the Internet for tips.

4. Write a 101 life-goal list.

Put is in a safe place and take it out in December to see if you can cross off some of it!

5. Make a commitment to fitness.

[Don’t just make a resolution](https://www.success.com/blog/john-addison-why-i-dont-make-new-years-resolutions) and join a fitness center you won’t see after February—make a commitment and build fitness into your schedule. Join a class at your fitness club, an exercise group or a team sport. Or, if you can afford it, hire a trainer. Doing any of these things will not only make your workouts more productive, but they will also be more fun. Plus, you get the advantage of having others hold you accountable to your workout commitment. Even a zoom friend you can exercise with!

6. Find a volunteer opportunity at [VolunteerMatch.org](https://www.volunteermatch.org/).

If you don’t have time to volunteer, setting aside time each day to pray for these organizations will make a difference.

7. Invest in a bright financial future.

Start a savings account, or that coin jar, each day empty your pockets or purse of coins, save it till the end of the year!

8. Build value every day.

Business or Ministry is all about high-touch/ high-trust relationships. In this age of dramatic distraction, it’s especially easy to forget that. People do business with people they trust and people who make them feel special. Create a ritual that ensures you reach out to three possible or current customers or congregation members every day. This isn’t about asking for the order or getting them to volunteer; this is about adding value. The more people you help, the more profits you’ll see. Send them an article. Connect them with a an agency that will help them. Do something to help them close in on their greatest dreams. They’ll soon help you close in on yours.

9. Practice the one-a-day principle.

You can’t delight everybody all the time but you can do something extraordinary for someone each day. Find a customer, colleague, relative or a friend each day and do something remarkable. Using the one-a-day principle will make your business and life remarkable.

10. Sign up for a birthday/anniversary reminder service.

Google calendar even, add that reminder!