Commitment Ideas

TO TRY OUT IN THE NEW YEAR

Set time blocks to work on your business

Try out a new workout or fitness class

Organise, declutter & downsize your stuff

Take up gratitude journaling

Create a morning & evening routine

Commit to a self-care action daily

Recycle & reduce your eco footprint

Create a budget/money savings plan

Take time to pause & reflect/meditate

Quit over-scheduling yourself

Learn to find more joy in the simple things

Reconnect with an old friend

Prioritise a hobby that gives you joy

Spend more time with the kids

Unplug for a full day each month

Do a small act of kindness each day

Replace one bad habit with a good one

Clean out your email inbox

Read 1-2 new books each month

Double the time you spend outside