

10 Practical Tips to Kickstart your Year



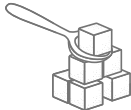
1 Live with Less

Get rid of things you don't need or have not used in six months or more. Tackle one area of your home at a time, maybe one area per day or week, and rack up small goals you can be proud of.



2 Get Moving

Take small steps to get your body moving again. Begin with stretches in the morning, and before bed time. Slowly graduate to simple lunges, squats, pushups and sit ups, and take a light jog around the block.



3 Cut the Sugar

Focus your meals on more natural fats, proteins and vegetables, they will fill you up and satisfy faster. Go for chocolate that is 70% cacao and higher. Slowly purge the unnecessary sweets from the house and opt for water or fruit juice instead of soda.



4 Budget Smarter

Save money by meal planning: shop for one week's meals at the beginning of the week. Cut back on luxury items for a certain amount of time and focus on savings goals. Download the easy EveryDollar app to plan out expenses & plug in transactions.



5 Clear the Calendar

Consider cutting things out of your schedule that keep you from quality time with the family. Practice saying "no" when asked to take on more. Measure every "yes" against the value of your time, people, & direction from God through prayer.



6 Clear Digital Distractions

Social Media. Allow yourself to check social media only at certain times of the day, Emails. Schedule yourself an hour to go through and "unsubscribe" from the email lists. Stick with your top three favorite communicators and leave the rest for now.



7 Make Learning Goals

Make a list of the books you would like to read this year. Start small to build on successes, or join a group to stay accountable. Take online classes, invest in traveling to discover new places. Opt to learn something new every week; discover new things!



8 Develop a Quiet Time

Hit the reset button by pausing to read the Bible, pray and ask God to help you to be close to Him. Pick a time of day and stick to it for a consistent amount of time during the week, & watch how your attitudes and perspectives change.



9 Prioritize Family Time

Date your spouse, play with the kids, plan a family vacation. Memories don't have to be expensive! Share spiritual connections: attend church regularly, do family devotions.



10 Make Time for You

Set aside time to do things that bring life to your soul. Step into a world that is all your own & tap into joyful activities that are unique to you. Spend time with friends who encourage and lift you up.