1. **Health:**

Physical wellbeing: Get in shape, Start eating healthier food, and less food overall, Get more quality sleep, Give up cigarettes, Start drinking in moderation or quit drinking altogether, Go see your doctor more often, Drink more water, Become a Vegetarian

Mental well being: Reduce stress, Learn to be happier with your life, Learn to control your emotions, Face your fears and insecurities, Practice gratitude daily, Do little acts of kindness, Be kind to yourself, Start meditating, Conquer a fear, Stop Overthinking

Fight Father Time

1. **Career Development**
   1. Turn your hobby into a career
   2. Revamp your professional identity
   3. Extra job
   4. Make use of your commute time
   5. Get Famous
   6. Meet a Celebrity
   7. Get a Better Job
   8. Start a Business
2. **finances Independent**
3. Earn more money
4. Get out of debt
5. Start saving money
6. Start budgeting
7. Be more rational, economic
8. Buy or Sell a House
9. Get Insurance
10. **studying?/ education?**
11. Learn a new language, Pick up useful skills( Learn to cook, Learn how to be more self-reliant, Learn how to defend yourself)
12. pick up fun hobbies
13. Learn more about art, music, culture etc
14. Learn how to defend yourself
15. **Improve self: Reinvent yourself （personal development）**
    1. Become more active, Get a Mentor, Become more confident and take some/ more chances,
    2. Become more organized, Start being more responsible, Stop procrastinating, Stop being late all the time
    3. Become more polite (Stop Judging People)
    4. Learn to let go of grudges and avoid moping
    5. Improve your concentration and mental skills
    6. Learn how to be more self-reliant
    7. Become tidier
    8. Learn how to dress with style
    9. Follow a skincare routine
    10. Stick to the good healthy habits you’ve developed
    11. Listen to My Favorite Music More
    12. Start writing a book/journal
    13. Read more
    14. Travel more and see the world
    15. Adopt a cute pet
    16. Recycle More
    17. Spend less time on social media, games,TV
    18. Volunteer and give more to charity, Have more compassion
    19. Start being more creative, Start expressing yourself artistically
    20. Find Nirvana/Enlightenment

**6. Social Interactions**

1. **Spend more time with the people that matter**

**b. Start remembering important dates**

**c. Find a significant other**

**d. Get over an ex**

**f. Make new friends**

* 1. **Find a significant other, Have better sex, Get over an ex, Become more romantic, Start remembering important dates**

1. <https://www.nytimes.com/guides/smarterliving/resolution-ideas>
2. <https://www.lifehack.org/articles/communication/50-new-years-resolution-ideas-and-how-achieve-each-them.html>

http://www.mydomaine.com/real-life-love-stories