

# Ideas and resources for 24 atomic resolutions for the year 2024

- **Buy yourself a board game or a puzzle book**
  - Blokus
  - Othello
  - Jigsaw puzzles
  - Scrabble
  - Chess
  - Battleship
- **Have something particularly nutritious every day**
  - Fruits/Juice
  - Nuts
  - Protein rich items
- **Read the biography of someone you admire**
  - A. P. J. Abdul Kalam
  - Steve Jobs
  - Sachin Tendulkar
- **Listen to an audio story/book**
  - Audible
  - Kukufm
- **Review your subscriptions and memberships**
  - Check your UPI mandates
  - Check OTT subscription
  - Check your bank statements for recurring transactions
- **Sell something old on ...**
  - Quikr
  - Olx
  - Cashify
- **Take up an online course and complete it**
  - Udemy
  - Coursera
  - Skillshare
- **Plant a plant from scratch (seed) and raise it**
  - Can buy seeds online too. They come very cheap.
- **Use stairs to get up and down whenever you can**
- **Try something you are afraid of**
  - Public speaking
  - Something physically adventurous
- **Join something: some class, some group activity, have to be physical present there**
  - Dance class
  - Meditation class
  - Coaching for some sports
- **Do away with a bad habit**
  - Smoking
  - Drinking
  - Late night binge eating

- Complaining
- **Do 15 reps of 6 exercises every day**
  - <https://www.healthline.com/health/fitness-exercise/at-home-workouts>
  - <https://www.acefitness.org/resources/everyone/blog/6593/top-25-at-home-exercises/>
- **Read at least 1 highly acclaimed fictional series**
  - The Hunger Games
  - Harry Potter series
  - Lord Of The Rings
  - Game of Thrones
- **Gratitude: Write down one thing you're grateful for every day**
  - or write about something you feel good about
- **Travel: make at least 4 trips in the year 2024**
  - Mountains
  - Beaches
  - Historical cities
- **Try a new fashion style or accessory or try a new hairstyle**
- **Weigh yourself twice a month**
  - Buy a weighing machine. I like Omron weighing machines, they are very accurate
- **Brushing teeth before sleep**
- **Take a spontaneous road trip to nearby city/town/village**
- **Sleep at more-or-less the same time everyday**
  - Set a go-to-bed alarm.
- **Create something with your hands**
  - Painting
  - Art and Crafts
  - Sculpture
  - bookmark
- **Reconnect with 3 old friends/contacts**
  - Check your contact list and ping an old long forgotten contact on whatsapp or call
  - Find old contacts on facebook and linkedin and get in touch again
- **Declutter your wardrobe**
  - **Arrange neatly**
  - Throw away/Give away items you know you're never going to use again