

TOP 30 SMALL RESOLUTIONS FOR NEW YEAR 2024

- 1. Drink more water daily**
- 2. Take a 10-minute walk every day**
- 3. Read one book per month**
- 4. Learn a new word each week**
- 5. Practice deep breathing for 5 minutes daily:-**
- 6. Eat one extra serving of vegetables/fruits daily**
- 7. Write in a gratitude journal every night**
- 8. Limit screen time before bedtime**
- 9. Try a new hobby or activity each month**
- 10. Say "thank you" more often**
- 11. Start a savings fund**
- 12. Learn to cook one new recipe per month**
- 13. Get 7-8 hours of sleep each night**
- 14. Practice mindfulness or meditation for 10 minutes daily**
- 15. Reach out to a friend or family member regularly**
- 16. Limit sugary snacks to once a week**
- 17. Complete a small home organization task each weekend**
- 18. Learn to say NO**
- 19. No negative emotion/day**
- 20. New YOU**
- 21. Letter to Future Self**
- 22. Daily Journal in one sentence**
- 23. Act of Kindness**
- 24. A day without internet**
- 25. New board game**
- 26. No Eating after 8pm**
- 27. Try something Unusual**
- 28. Travel locally**
- 29. Take a 5min break at work**
- 30. Schedule regular self-care time**

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