

New Year

Personal Growth

Challenge

Write or share your biggest challenges of 2020 and what you learned from each.	Write or share five personal WINS from 2020 and what they say about your character.	Write a list of things you want to experience or accomplish in 2021.	Add one small action step for each item on your list.	Share your list with someone else.
Try a five-minute guided meditation. Check out the free options on YouTube.	Make a point to share three positive comments on Social.	Audit your social media. Unfollow up to ten people who don't spark joy.	Reduce your screen time by half today.	Start your day with an intention. Think of what kind of attitude or mindset you want to embrace today.
Compliment yourself. Tell yourself something kind and encouraging.	Tell your parents what you most appreciate about them.	Write down three good things that happened today.	Help someone who least expects your help.	Think about what it means to be self-compassionate and how you can be your own best friend.
Try to replace phrases like "I can't," "I won't" and "I shouldn't" with "I'm learning..." "I'll try..." and "I'd prefer..."	Go for a walk outside and pay attention to the colors, sounds, and smells.	Wait 20-minutes from when you wake up before grabbing your phone.	Find a quote that means something to you. Write it down and post it somewhere you can see it.	When you find yourself comparing yourself to someone else, compliment them on what you admire.
Write a gratitude note to someone.	Create a playlist full of inspiring, motivating songs for the new year.	Every time you see your reflection today, smile back at yourself.	Watch an inspirational video.	Take a bubble bath and light a candle. Allow yourself to fully relax, even if it's just for a short time.
Listen to your new year playlist and dream big about what's possible.	Thank a friend. Share what you value about him/her.	Write five things you are grateful for.	Practice different ways of saying "no."	Create a vision board for 2021.