



New Year, New You!

- 1) **Start every morning with prayer and time reading the Bible.** It is the most important thing you will do any day of the week. *God's word is a lamp unto my feet and a light unto my path. Psalm 115:105*
- 2) **Journal every day.** Every. Single. Day. For accountability and just to have a record for future reference. What are you grateful for? What are you struggling with? Hey, if you can update a post on Facebook, you can record your thoughts and activities in a journal!
- 3) **Declutter your mind.** Beginning the day with prayer and asking God to guide you and give you the wisdom to prioritize your list of things to do, stopping midday to assess your progress, praying for endurance to complete said tasks, then ending the day with prayers of thanksgiving and gratitude. Before bed, look at your list, check off completed ones and add tomorrow's desired tasks. Sleep and Repeat!
- 4) **Declutter your home.** Using the 3 pile process, take a room or area of a room each day and sort...Keep it, Donate it, Pitch it....And move the donate and pitch items ASAP. Don't overthink, just imagine a clean, clutter free space and rejoice!
- 5) **Start a list of people you miss.** I often think of an old friend or family member that I simply never take the time to hang out with. As soon as they cross your mind, pray for them and then every week, reach out to one of them via telephone or a short visit.
- 6) **Remember your younger self.** Remember her dreams and goals? They are still attainable! Take deliberate steps to realize as many as you can! You ain't getting' any younger, after all!!
- 7) **Read every day.** Pick something inspirational; something that will reignite fire in your soul, bring back the sparkle in your eye and jump start the spring in your step.
- 8) **Rest.** Take time to relax and get lots of sleep. A renewed mind and spirit are necessary to climb your mountain and reach your full potential.
- 9) **Choose to be grateful.** See the silver lining in everything. After all, the master gardener planted you right where you are in just the perfect conditions to draw you closer to Himself. He knows what He is doing.
- 10) **Be humble,** remembering daily where you came from and extending the same grace to others that Christ gave to you.
- 11) **Tell people your story.** You can impact someone and inspire them simply by sharing your life experiences.

May God bless you and keep you in His care as you take steps to be a better you!