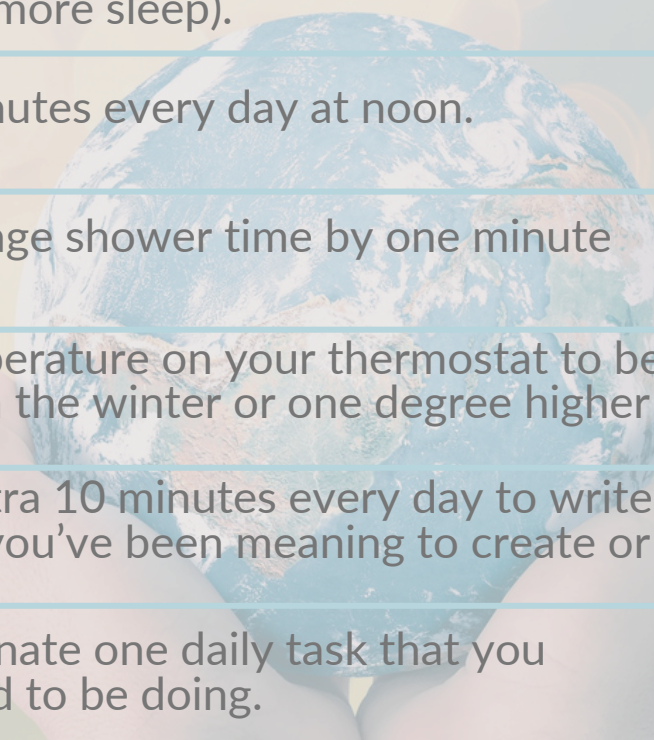


Create a Fresh Start

30 Gentle Steps for a Restorative New Year

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- ☐ 1. Drink one more glass of water every day.
 - ☐ 2. Read something inspiring for 10 minutes before you go to sleep.
 - ☐ 3. Turn off your lights an hour earlier. (Save energy and get more sleep).
 - ☐ 4. Walk for 10 minutes every day at noon.
 - ☐ 5. Limit your average shower time by one minute every day.
 - ☐ 6. Adjust the temperature on your thermostat to be one degree cooler in the winter or one degree higher in the summer.
 - ☐ 7. Write for an extra 10 minutes every day to write that book or article you've been meaning to create or finish.
 - ☐ 8. Choose to eliminate one daily task that you really don't need to be doing.
 - ☐ 9. Add one serving of fruit or vegetable to what you normally eat every day.
 - ☐ 10. Limit your time on social media, perhaps reducing it to 10 minutes per day.

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- ☐ 11. At least once per day take a three minute restorative break of deep breathing.
- ☐ 12. Add a minute to your normal exercise routine every day.
- ☐ 13. Spend five minutes giving thanks every evening.
- ☐ 14. Honor your authentic way of being, and stop apologizing to make other people feel comfortable when it's not necessary.
- ☐ 15. Spend ten minutes every day really listening to your significant other(s).
- ☐ 16. Be brave and share more of your truth every day.
- ☐ 17. Send a short email or DM every day to someone you love or admire.
- ☐ 18. Practice the loving kindness meditation every day.
- ☐ 19. Spend 10 minutes every day noting the cycles and rhythms of nature around you.
- ☐ 20. If you have animal companions, spend 10 minutes more every day truly being present with them, remembering their lives are shorter than ours.

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- ☐ 21. Save a \$1 per day and donate \$365 to your favorite charity by the end of the year.
- ☐ 22. Read about a positive development in global sustainability every day.
- ☐ 23. Practice a new affirmation in 2023 for 10 minutes per day.
- ☐ 24. Give a small gift every day to a different person. By the end of the year, honor yourself for helping, loving or assisting 365 people in a year.
- ☐ 25. Do one kind thing for someone else every day.
- ☐ 26. For ten minutes in the morning, give thanks for something you have that you had wished for when you were younger.
- ☐ 27. Do one kind thing for yourself every day.
- ☐ 28. Spend five minutes journaling every day about the ways you are powerful force for good in the world.
- ☐ 29. Clean up some area of your life or the world for 10 minutes every day.
- ☐ 30. Spend 5 minutes at the end of every day, noticing how you shared your love with the world that day.