Planning for the New Year

- Set life changes not resolutions. I began this about 4 to 5 may be longer but has helped me to stick with them.
  - What did you like about the previous year that you'd like to do again this year?
  - What would you like to achieve this year that you didn't do last year?
  - What habits do you want to do this year?
- Habits. I like to have habits that sets up my days. Many just happened and they have helped me to have a routine that I enjoy and works around my lifestyle. See following list.
  - Read more books
  - Write in my journal
  - Reduce sugar and Caffeine
  - Cut out food that cause harm to my body like I can't eat certain chocolate
  - Walk 4 to 5 days a week
- I like to have a savings goal by planning my year effectively. I tend to do this academically but also want to spend less and do a low spend on January and February. See below of ideas.
  - Have no spend days
  - Do low spend
  - Reduce food shop
  - Go through and use up what I have got
- Social. I like to make sure I spend time with family and friends.
  - Go to a music event or concert with friends
  - Take my son to a sports match
  - Go to birthday gatherings and other celebrations.
  - Do a meet up with a friend three to four times a year
  - Go for a coffee with mum and step dad or son and husband some weeks

