



# 50 Resolutions For A Better You

By The American Institute of Health Care Professionals, Inc.

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## Disclaimer

The information contained in this eBook is strictly for informational purposes. Every possible effort has been made in preparing and researching this material. We make no warranties with respect to the accuracy, applicability of its contents or any omissions.

## Introduction

The New Year is upon us and it's time to draft this year's New Year's Resolutions. New Year's Resolutions are all about change and improving things for the better. They are also a time for reinvention. Do you know what your plan is for reinvention for 2019? If you're not sure where to start, don't worry about overthinking it.

## 50 New Year Resolutions For Reinvention

### Lose Weight

It's time to take stock in what your scale is telling you. Whether you need to lose a few pounds or 100 pounds, the New Year is a beautiful time to jumpstart your weight loss efforts.

### Eat Better

How is your diet? Is it loaded with fat? Too many calories? Too much sugar? Feel free to hit the restart button and change your meal plans and preparation practices. The New Year offers a brand new start and opportunity to fine tune your eating habits. If your current dietary habits seem overwhelming and impossible, start changing one meal at a time.



### Be a Good Friend

How good of a friend were you during 2018? Do you listen well? Are you there when your friends reach out? Do you make yourself available to them? Do you give constructive feedback? Is your friendship conditional?

There are lots of questions to consider here. No matter your answer to these questions, you have a brand new opportunity to assess the role you play in your friends' lives and make necessary adjustments to become a better friend.

## Be a Better Son or Daughter

In the new year, look for ways to be a better son or daughter. Call home more often. Visit more often. Don't just use them as your sounding board for everything that is wrong in the world, but contact them even when things are wonderful to hear about how they are feeling and what's happening in their world.

Don't reject their well-meaning advice. Listen and acknowledge that you hear them and keep things moving.

Don't just use them as your sounding board for everything that is wrong with the world. Contact them when things are wonderful, or to see how they are feeling, or just to talk about what's new. Show Mom and Dad that you do care.



## Be a Better Parent

How were you as a parent last year? Were you supportive? Make a list of all the things you did well, or not so well, and think of ways to improve. Make sure you are carving out time to be a parent. Practice showing your kids how to be a better human being. Deliver constructive feedback but also, look for ways to be encouraging so that your communication is not always deemed to be critical or negative.

## Learn to Say Yes

Learn to say yes. You have undoubtedly heard about the year of yes in which people force themselves to step outside of their comfort zone and rather than say "no" to opportunities that come their way, they challenge themselves to embrace the unfamiliar and say "yes." Make this year your year of "yes" to opportunities that land on your proverbial front doorstep.

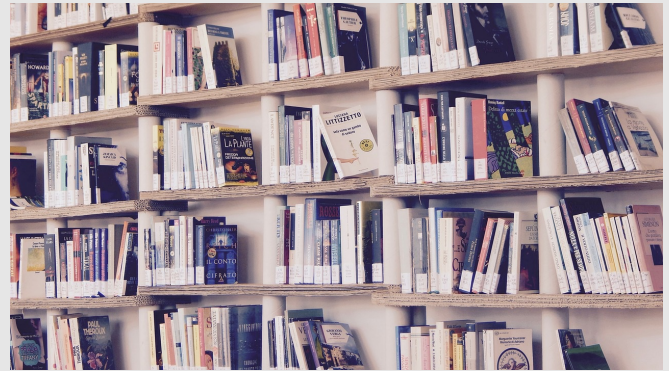
## Learn to Say No

Permit yourself to say "no." If you spent the previous year giving in to the demands of others when your gut told you that you should say "no." You must use the New Year to practice saying no. Practice making yourself and personal needs a priority in 2019.

## Read More Books

Expand your mind in 2019 with a relaxing book. Read one new book every month. Setting aside time to read books should not be too difficult for you.

Aim to read a few pages in the morning before rising, during lunch or at bedtime. You don't have to read thick books to achieve this resolution. There is plenty of good reading material on the market that are under 300 pages. Start small then slowly progress towards something big.



## Travel More

Travel more in 2019. It will amaze you how good it feels to get away from your daily grind. Your trips can be short weekend trips, or you can take a week and travel to another country. Either way, make time to get out and about to see the world.

## Take Risks

Don't get stuck in your head when an opportunity to presents itself, or you are thinking about doing something new. Take a risk. You only get one life and erring on the side of caution may cause you to miss out on something GREAT.

## Meditate

Schedule time for meditation in the New Year. Meditation teaches our mind concentration, focus, and awareness. Meditation is hugely beneficial for your health and helps to reduce stress, lower blood pressure, induce relaxation and improves our sense of well-being.

## Learn Something New

In the New Year, learn something new. Take a dancing class, learn a new language, or take a course that benefits your career. Set aside time to gain new knowledge or a new skill.

## Volunteer

Volunteer your time or donate to a charity. Volunteer work not only benefits those you are trying to help, but there are some physical and mental benefits for you as well. Benefits such as stress reduction, calming, and anxiety level improvement. Giving your time can have a significantly positive effect on your psychological well-being.



## Schedule Time for Loved Ones

In 2019, make an effort to schedule time for loved ones. We are great at scheduling time for everything else, but we sometimes suck at setting aside time for our loved ones. Map out your schedule for 2019 and avoid sacrificing that time for others --including your job.

## Start a New Business

You know the business you are on the fence about launching? Do it this year! Stop hedging your bets and questioning your abilities and push forward with starting your business. Not sure where to start, hire consultants to help you build your business plan.

## Get a New Hobby

Get a new hobby. A new hobby for the New Year can help to change the pace of everyday life. A new hobby can challenge you to use a different part of your brain and build new skills. If your new hobby looks profitable, you might even be able to use it as a second form of income.

## Get Active

Get physical! Put on your sneakers and take a walk, or better yet set up a gym membership at your nearest fitness center --and use it. Even if you only go once a week, any improvement will motivate you. And that just might become the extra day per week that you become more active than you were during 2018. The gym may seem cliché, but it is a great way to hold yourself accountable.



## Be Grateful for Each New Day

Give thanks for living to see another day. Do not take life for granted and don't spend every waking hour complaining about everything that doesn't go your way.

### Get Out and About in Nature

Become one with Mother Nature once in a while. Take a walk in the park or go for a hike in the woods. You will be amazed by how beneficial your time with the great outdoors can be for your health. According to Science Daily, spending time in nature has a powerful effect on your cardiovascular health and may help to improve chronic conditions such as diabetes, high blood pressure, and may improve stress levels.

## Act Now!

Stop procrastinating in 2019. If you are a consistent delay-tactic being, use 2019 to break bad habits. Stop procrastinating and teach yourself to tackle small tasks, one at a time. Reward yourself each time you are successful in being proactive.

## Network and Make New Friends

Use 2019 to grow your network and friend circle. Work on building genuine relationships and stay in touch with your new found friends.



## Build Confidence and Self-Esteem

During 2019, work on building your confidence and self-esteem. Learn to be an assertive being who values themselves as a person with great things to offer the world. Stay away from negative talk and cut the negative people out of your life.



## Manage Stress Better

Don't give up minimizing your stress levels in 2019. Try new exercises that contribute to decreasing stress levels including getting adequate rest, incorporating relaxation techniques into your day, talking to a professional and better organizing your day and life.

## Get More Sleep

How are your current sleep habits? Could they be better? If your answer is 'yes,' use 2019 to increase the amount of sleep you get. This action may mean investing in a new mattress, setting a new sleep schedule, changing your bedroom around so that it becomes a more attractive sleep zone, or ditching daytime naps.

## Watch Less Television

Between Hulu, Netflix, and Prime, your access to new television shows or movies is boundless. During 2019 however, challenge yourself to cut your television time down by a couple of hours per day. Swap that time out for reading, networking, travel, spending time with your family, or engaging in a creative hobby.

## Learn to Be a Better Cook

Learn to be a better cook in 2019. Reorganize your kitchen, clean up that baker's rack, and shop like a professional. Become a better cook by preparing all of your meals. Remember, practice makes perfect.



## Save Money

Save money. Put a little money away for a rainy day. Experts say you should have at least six to eight months of your salary in a savings account in case you lose your job. Take steps now to ensure you check the box on this requirement. Try to save \$10,000 this year. If your rainy day fund is full, sock a bit of cash away for your children's college fund. If you are good in those areas as well, start saving for your next car, or your retirement.

## Reduce Debt

Pay down your debt. There's nothing worse than realizing that more than half of your income goes towards paying the debt (i.e., credit card, mortgage, student loan) each month. Start your debt payoff plan by eliminating your smallest debt, then shift to the next lowest amount.

## Get a New Job

Feeling miserable in your current job. Apply yourself to finding a new job. Go to job interviews and do not be afraid to put yourself out there.

## Create a Wellness Lifestyle

Do your research to create a wellness lifestyle. Change the foods you eat, the environment which you live, and the foods you consume. Tackle one part of your life at a time. Making sweeping changes can seem a bit daunting.

You might choose to start by practicing mindful meditation for five minutes each day for a few weeks. Next, you may elect to begin eating clean foods. Again, start by changing one meal at a time. Finally, examine your current relationships and their impact on your mental well-being.



## Write a Book

Are you dreaming of being a writer? Use 2019 to write that book you have been dreaming about creating. Carve out 15 to 60 minutes a day to draft those chapters.

## Go Back to School

Go back to school to get an advanced degree or change your profession and get a new degree, or to advance your career

## Learn to Smile

Turn that frown upside down and smile more often.

## Argue Less

You don't have to be right all of the time --or at least, you don't have to tell everyone all of the time you are right.

## Drink Less

Drink less alcohol. Decrease your alcohol consumption by one or two drinks per week.

## Quit Smoking

Smoking places you at risk for multiple chronic conditions ranging from heart disease to high blood pressure. Use 2019 to kick the habit.

## Find Positivity

Practice positivity in 2019. Find the path to optimism to lead a more productive and happier life. Positivity can improve your energy and promote a high level of connectivity.



## Keep Your New Year Resolutions

Resolve to commit to your New Years' resolutions. How often do you make resolutions only see them fall apart within a matter of weeks? Do not be discouraged if things veer off track. Hit the reset button and try again.

## Clean Out the Closets

Clean out your closets in 2019! If your wardrobe has the look of someone who might be hoarding one outfit too many, take a little time to clean out your closets and donate them to a charity. If you haven't worn something in a year, might as well donate it.

## Keep a Cleaner House

Your home environment plays a vital role in your health. Set a schedule to maintain a cleaner house. Hire some help if you cannot keep up with those basic chores like mopping and vacuuming that help rid your environment of dust mites, viruses, bacteria, etc...

## Set Goals and See Your Goals Through to the End

Create SMART goals that enable you to achieve your New Years' Resolution. The acronym SMART stands for Specific, Measurable, Achievable, Relevant, and Time-bound. When drafting your goals, ensure that they each meet this criterion.

## Get Organized

Become more organized in 2019. When we hear the term organization, we often think about our workstations, our closets, and even our drawers. However, the organization is a transferable event within multiple areas of our life. Organization promotes balance and increases productivity.



## Be Present

Challenge yourself to be present or live in the moment during 2019. Many of us are spending our days worrying about the next minute or waiting for the shoe to drop. Learn to be grateful for what you have at the moment, keep distractions at bay, and look for the beauty in life.

## Drink More Water

Here's a simple resolution to adopt for your health. Drink more water. Water is one of nature's greatest gifts. Water gives us energy, keeps our body hydrated, rids us of unwanted toxins, helps to balance our systems.

## Laugh More

Find the humor in your life and learn to laugh. Laughter stimulates so many parts of our mind and body. It helps to boost endorphins, giving us feelings of happiness. Laughter is a natural way to decrease stress in your life.

## Change Your Life

Appoint 2019 as the year of change for your life. Changing your life does not mean you have to plan for significant production. Instead, it means you might start by changing your exercise ritual. Another change may entail incorporating modifications that allow you to be a kinder person. Also, you might take steps that will enable you to pursue your passions.

## Be a Mentor

Be a mentor to someone. You have some degree of knowledge, skills, and ability that you can share with others. Look for ways to share your talent with someone else seeking to get to where you are in their life –whether professionally or personally.



## Attend More Plays and Concerts

Cultivate your mind with several nights out on the town in 2019.

## Don't Get Wrapped Around the Axle

Find a way not to get wrapped around the Axle in 2019. Keep your head above the water and keep your eyes on coming up with tangible solutions for problems. Avoid finger-pointing and blaming others for everything that is wrong.

## Become Your Best You

Become your best self. Try something new, chase your dreams, and focus on self-care in the new year.

## Appendix A: 30 Ways to Reinvent Yourself Cheat Sheet

### Wait until you are really ready for change

- Sometimes, we are forced into making changes due to life's circumstances. But, until you are really ready and want to change, you won't be able to enact the lasting change necessary for reinvention.

### Network with others

- If you are interested in developing and reinventing yourself, it's important to stay connected to other people.
- Get to know new people to expose you to new habits and perspectives. This about how you can connect with your friends, family, online communities, colleagues, experts in your chosen field, and thought or spiritual leaders.
- All of these people have something to offer your transformation.

### Having trouble coming up with your ideas for reinvention? Practice just generating ideas

- Creative and introspection muscles atrophy when they are not used, so practice using them before making big decisions.
- Spend a week just creating as many new and exciting options and ideas as possible, without judging any design for any reasons.
- Focus on quantity, and practice every day to build up those habits of mind.

### Get up earlier

- If you are continually searching for time to engage in the work required to reinvent yourself, start setting your alarm 30 minutes earlier, and use the quiet morning alone time to focus on yourself.
- When no one else is awake, you'll find you get more done in a short amount of time at this hour, too.

## Remember to take it one step at a time

- Reinventing yourself is a lengthy process. It can take years to reach your ultimate goals.
- Instead of just focusing on the result, remember to concentrate on what you can do today. Put one foot in front of the other, and focus on today.

## Get enough rest

- Sleeping at least seven hours each night is vital for maintaining your health and having the energy you need to reach your goals.
- No one can survive and thrive while being sleep deprived, so be sure you are getting enough sleep.

## Learn from a mentor

- There are many different types of mentors, and they are everywhere.
- You can learn directly from people in your life, from authors, from online communities, through new experiences, by traveling, and by watching videos online.
- Soak it all up, and learn from everything you can.

## Set your priorities

- You won't be able to accomplish everything you need to all at once when reinventing yourself.
- Decide what is most important, and work on that goal first.
- Prioritize your most-needed or important goals and new habits first so you can make the most from your change process.

## Learn from failure

- You can't learn to be a professional musician without making a lot of mistakes, so why would you expect to transform yourself without failing now and then?
- Failure is just an opportunity to get feedback.
- It's what you do with that knowledge that defines you. Learn from your failures and try again.



## Be silent

- When the challenges of reinvention start to feel overwhelming, sit in silence. Don't do anything, don't talk to anyone. Just be in the moment.
- Meditate or focus on the quiet, focus on your breathing, and remember that tomorrow is another chance to try again.

## If you are struggling to identify your passion in life, try this exercise

- Go to a bookstore and walk through the shelves.
- Browse all the topics. Which of these would you be willing to read 500 books about? In what area are you intrigued and curious?
- If you pick a focus and find a few weeks later that perhaps that wasn't really your passion, try again. There's no deadline. You have as much time as you want to pick your passion.

## Make interesting choices

- What do you want your biography to say at the end of your life?
- Make adventurous choices, and your story will be adventurous. Make predictable choices, and your story will be predictable. It's up to you.

## Practice honesty

- Being honest with yourself and others is important for acknowledging your successes as well as your failures.
- When you struggle, share this with others, as they may be able to help you succeed in your next attempt.
- When you are proud of your accomplishments, celebrate with others, too.

## Practice daily gratitude

- Becoming grateful for what you have and what you have already accomplished can help you through your reinvention process.
- Spend ten minutes each day acknowledging your gifts and accomplishments.

## Keep learning

- Read books, take classes, go to conferences, but always keep learning, no matter what. Reinvention means you need to become a new person, and that means learning new things.
- Continuous learning allows you to develop new mental habits, consider new ideas and perspectives, and learn what you need to help you accomplish your dreams.

## Experiment

- Trying new things, like continuous learning, exposes you to a whole new world. Experimentation also helps you take risks, which is important for stretching you beyond your current capabilities.

## Reinventing yourself is good for your health

- Change is useful for your body, as it releases happy hormones like dopamine, oxytocin, and serotonin.
- If you don't feel well, that's all the more reason to work hard at changing your life, as the process can help you feel better.

## Make a list every day

- Before you start your day, make a list of your areas of focus. You'll soon notice patterns, which tells you where your passions lie or where your priorities lie.
- Set daily goals, and make these your priority before doing other, more routine tasks.

## Be bold

- Reinventing yourself takes courage. It's not always easy, but be bold.
- No one else has to agree with or even understand what you are trying to accomplish.
- Boldness shows your confidence in your abilities to achieve your dreams.

## Don't explain yourself

- When others question your choices or ask you questions about your decision to reinvent yourself, be honest but don't feel you have to justify yourself.
- You make your reinvention decisions because of your needs and desires, and no one else should have a say in that choice.
- You have to live with your decisions, so it doesn't matter what others want or think.

## Get out of your comfort zone

- If you really want to reinvent yourself, break out of all those habits and comforts of your former life.
- Break the mold to explore all the possibilities that life has to offer. Trying new things is the only way to explore new options.

## Be realistic

- While it may not be possible to become an astronaut after middle age, it's never too late to explore a career in engineering, space exploration, aeronautics, or other fields that are connected to outer space.
- Think outside the box to find a realistic outlet for your passions.

## While money isn't everything, it is necessary

- Yes, following your passion is a wonderful endeavor, it's also important that you can support yourself.
- Explore ways to turn your passion into a career that can support your financial goals, and you'll have the best of both worlds.

## Stay on top of your finances

- Reinvention may cost you money. If you need to learn new skills or acquire a new degree to accomplish your new goals, that will take money.
- If you change careers, your salary will likely change, as well.
- Manage your money well, create a budget that includes all the costs of your reinvention, and learn to manage a variable income carefully.

## Today's a new day

- No matter what, every day is a chance to reinvent yourself. Change never stops. Welcome and embrace this opportunity each and every day.
- If you have a passion for something but no skill yet, start today by practicing your new habit
- If you want to paint, get your supplies and paint. If you want to be a writer, sit down today and write something.
- The minute you decide you are something or that you do something, you are on the path to reinvention.

## Don't worry about what others want you to do

- Who cares if your parents always dreamed that you would become a lawyer. So, what if your friends don't understand that you long to be a chef.
- Choose yourself and your freedom over the desires of others. It's your life. Lead it how you want.

## Turn a weakness into a strength

- If you are introverted, become the best listener.
- If you struggle to write clearly, become the world's best proofreader.

## Teach

- When you have passion about a topic, consider sharing it with others.
- Make a YouTube video and start by putting your knowledge out there for the world.

# Thank You

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