Twitter Thread by UpSkillYourLife

UpSkillYourLife
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HOW TO REJUNEVATE YOURSELF BEFORE NEW YEAR 2023:

1. Try 2 new good habits

- Good habits are always tough to start and continue.

- Pick 2 habits which you wanted to start.

- Drop 2 habits which you want to give up.

- Stick with your routine.

- You just have 60 days left for the new year Get going !

2. Set the happy mood for new year

- Holding grudges takes up your energy more than anyone else.

- It pulls you down.

- Forgive and forget.

- It makes you feel lighter and happier.

3. Relive the beautiful moments of this year

- Never miss a chance to thank who made your days better.

- Take a walk down the memory lane and recall the people you met and the wonderful memories you had this year.

- New year is the best time to thank them.

4. Book a dream holiday

- What better way to refresh yourself than a Holiday.

- Take few days break from your work and go for a holiday.

5. Finish off the goals you had on your to do list

- Vacation makes you forget all the day to day worries

- But once you are back, you should be facing the reality

- So,finishing off at least few items before the end year end, gives you a great enthusiasm to start off new year

6. Journal the achievements and lessons learnt

- 365 days, you would have made mistakes, learnt from them , progressed a lot during this year.

- It would be great to list down the milestones and things you learnt.

- Pat yourself for the progress

7. Start saving for new year

- New year is a special day celebrated with lot of wishes, parties and presents.

- Plan well ahead and save .

- You would not want to start off the new year with debts.

- Though you may not be a party person, give yourself a good gift.

8. Prepare a vision board

- Vision board has more power than you can imagine.

- It helps you to manifest what you want the most.

- Plan to prepare it for the next year.

9. Be fit.

- Everyday counts when it comes to fitness and health.

- Take care of your health.

- Exercise and meditate.

Get “Live Intentionally” - a 90 Day Self-Improvement project that will help you stop living in auto pilot.

It will change your

- habits,
- daily routine,
- mindset, and
- make you strong and disciplined ■

https://t.co/r9m8p3qGJl

Thanks for reading.

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