

Sixteen Positive New Year's Resolutions for 2016

Summary: Here are 16 positive New Year's resolutions to spark some ideas of what you could do in 2016.



When it comes to New Year's resolutions, many of us tend to think of them negatively. In other words, we focus on what we *don't* like about our lives rather than trying to add positive things into our lives. For example: I need to lose weight, I need eat less candy, I need to spend less time watching TV, I need to get out of this job, I need drink less, etc.

For 2016, I want to challenge you to focus on adding *positive* into your life! Just beginning your goals with an "adding in" mindset can make a huge difference in how you feel about yourself. This can remove the negative self-talk from your goals.

Here are 16 positive New Year's resolutions to spark some ideas of what you could do in 2016:

1. Volunteer once a month
2. Eat 5 servings of vegetables a day
3. Express more gratitude
4. Drink more water
5. Choose to be happy each morning
6. Talk to new people more often
7. Find a type of exercise you look forward to doing
8. Donate clothes you don't wear
9. Read for pleasure
10. Wake up earlier to have a calm morning
11. Walk places more often
12. Make a meal for a sick friend
13. Call family and friends more often
14. Take a class for something fun or creative
15. Get a new haircut/color
16. Walk places more often