

2021: A New Year

This past year lasted exactly 365 days, 8,760 hours, 525,600 minutes, or 3,153,600 seconds. However you choose to count time as it passed by, many would agree 2020 seemed to last forever. Looking ahead into the new year, here are twenty-one positive ways to start 2021:

- 1) Find the good, make a list of positive things that happened during 2020.
- 2) Create a personal and family vision board for 2021.
- 3) Conduct a mental health check. Get help if you are struggling.
- 4) Practice mindfulness. Stay present and in the moment.
- 5) Be positive and optimistic about the future.
- 6) Make a list of goals and accomplishments. Review often.
- 7) Create a personal affirmation. Repeat it when needed.
- 8) State something you are thankful for before going to bed.
- 9) Meditate or complete a deep breathing exercise to reduce anxiety and clear your mind.
- 10) Make an exercise plan to remain strong and resilient.
- 11) Fuel your body with healthy foods and beverages.
- 12) Take mental breaks and prioritize quality sleep.
- 13) Flex your brain. Sign up for an interesting course, learn a new language, or read a new book.
- 14) Mentor someone who could use your expertise.
- 15) Find a mentor to continue personal or professional growth.
- 16) Volunteer at a local food bank, relief organization, or help a struggling parent learn “new” math.
- 17) Foster a pet from a local animal shelter.
- 18) Listen to your favorite song and sing it out loud.
- 19) Dance with your family, friends, pets, your shadow...
- 20) Look up a daily joke and find joy in laughter.
- 21) Make banana bread... oh wait, that was so #2020!

