



Make a Bucket List

NEW YEAR'S RESOLUTION BUCKET LIST

46 ideas for a happier, healthier & more fulfilling year



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|--|--|---|--|---|--|
| <input type="checkbox"/> 1. Eat Healthier
Fuel your body with whole, nutritious foods. | | <input type="checkbox"/> 17. Make a Movie List and Watch Them
Enjoy great films all year long. | | <input type="checkbox"/> 32. Organise Your Life
Get clear, stay focused and reduce stress. | |
| <input type="checkbox"/> 2. Drink Less Alcohol or Completely Quit
Cut back or go alcohol-free for better health and clarity. | | <input type="checkbox"/> 18. Try To Grow Something
Plant, nurture and watch it grow. | | <input type="checkbox"/> 33. Make a New Friend
Open your heart and expand your circle. | |
| <input type="checkbox"/> 3. Try Out a New Hobby
Discover something new that brings you joy. | | <input type="checkbox"/> 19. Do a Random Act of Kindness
Brighten someone's day and your own. | | <input type="checkbox"/> 34. Break Away from Toxic Relationships
Choose your peace and protect your energy. | |
| <input type="checkbox"/> 4. Begin a Meditation Practice
Find calm, reduce stress and improve focus. | | <input type="checkbox"/> 20. Donate Blood
Give a little, save a life. | | <input type="checkbox"/> 35. Go Old Skool & Send Cards or Letters
Reconnect in a thoughtful and personal way. | |
| <input type="checkbox"/> 5. Learn a New Language
Open your world and boost your brain. | | <input type="checkbox"/> 21. Take Time to Read More Books
Escape, learn and be inspired. | | <input type="checkbox"/> 36. Earn More Money Through a Side Hustle or Passion
Turn what you love into extra income. | |
| <input type="checkbox"/> 6. Start a New Exercise Routine
Move more, feel stronger and boost your mood. | | <input type="checkbox"/> 22. Donate Something You No Longer Need
Declutter your life and help others. | | <input type="checkbox"/> 37. Prioritise 'Me Time'
Make time for you, you deserve it. | |
| <input type="checkbox"/> 7. Spend More Time Travelling
Explore new places and create lasting memories. | | <input type="checkbox"/> 23. Start Volunteering
Give your time and make an impact. | | <input type="checkbox"/> 38. Try Something New Each Month
Break routine and keep life exciting. | |
| <input type="checkbox"/> 8. Work on Your Sleep Habits
Better sleep, better body and better mind. | | <input type="checkbox"/> 24. Do a Charity Walk or Run
Get active for a cause you care about. | | <input type="checkbox"/> 39. Sign Up for A Class
Learn, grow and challenge yourself. | |
| <input type="checkbox"/> 9. Learn to Cook
Make delicious meals and enjoy the process. | | <input type="checkbox"/> 25. Become a Mentor
Guide someone and make a difference. | | <input type="checkbox"/> 40. Compliment Someone and Mean It
Kind words can change someone's whole day. | |
| <input type="checkbox"/> 10. Adopt a Pet
Give a pet a home and reap the rewards. | | <input type="checkbox"/> 26. Unplug & Take a Digital Detox
Disconnect to reconnect with what matters. | | <input type="checkbox"/> 41. Spend More Time with Your Family
Cherish moments with the people you love. | |
| <input type="checkbox"/> 11. Dream Bigger with a Vision Board
Visualise your dreams and turn them into goals. | | <input type="checkbox"/> 27. Get Outside & Spend More Time in Nature
Breathe fresh air and recharge. | | <input type="checkbox"/> 42. Focus on Happiness
Choose joy and make it a daily priority. | |
| <input type="checkbox"/> 12. Write a Letter to Your Future Self
Capture your hopes today and read them one day. | | <input type="checkbox"/> 28. Focus on Your Financial Situation
Budget, save and build a secure future. | | <input type="checkbox"/> 43. Reduce That Negative Self Talk
Be kind to yourself every single day. | |
| <input type="checkbox"/> 13. Start a Gratitude Journal
Focus on the good and boost your wellbeing. | | <input type="checkbox"/> 29. Be an Organ Donor
One decision can save many lives. | | <input type="checkbox"/> 44. Create a 5 Year Plan
Plan today for the future you want. | |
| <input type="checkbox"/> 14. Create a New Year Playlist
Curate the soundtrack to your best year yet. | | <input type="checkbox"/> 30. Decorate a Room You've Been Meaning To
Refresh your space and love where you live. | | <input type="checkbox"/> 45. Become More Decisive
Make confident choices and move forward. | |
| <input type="checkbox"/> 15. Drink More Water
Stay hydrated and feel more energised. | | <input type="checkbox"/> 31. Journal Everyday
Write, reflect and clear your mind. | | <input type="checkbox"/> 46. Stay Present
Be here now and enjoy every moment. | |
| <input type="checkbox"/> 16. Quit a Bad Habit
Let go of what holds you back. | | | | | |