

70 Truly Good New Year's Resolution Ideas for 2020

Source: <https://collegelifemadeeasy.com/new-years-resolution-ideas/>

1. Drink more water

This may be one of the most common New Year's resolution ideas...But, that doesn't make it a bad one! We could all use a little more water in our daily lives. You can keep track of your water intake with an app, journal (free printable) or a marked water bottle.

2. Move more, sit less

Between desk jobs and long commutes, I think we're all guilty of sitting too much. And it turns out that sitting is the new smoking (it's terrible for your health!). So, make it a goal to start daily walks, bike rides or running. Just something to get you up and moving a little more often!

3. Make plans to explore & travel

Take camping trips, visit the next town over, or go to National Parks. There are 5 opportunities in 2020 to visit National Parks for free! Whatever you do, just shake up your usual routine.

4. Prioritize eco-friendly choices

Making a positive impact in the world might feel futile as an average person. Little decisions add up as a whole, though. Voting with your wallet is an important step you can take towards being more eco-friendly.

5. Volunteer more often

There a lot of mores on this New Year's resolutions list, huh? Well, that's because the goal of self-improvement is to enrich our lives, so we have to add MORE to it! And volunteering time to help improve your community is a great way to give back. After all, you can never go wrong with charity work.

6. Adopt an attitude of gratitude

The simple act of giving thanks has scientifically proven benefits. Gratitude is a small perspective shift, but it can significantly change your life.

7. Send handwritten letters

Older folks, like grandparents & aunts/uncles, LOVE getting snail mail. Brighten a relative's day and get in touch with your offline self by sending a few handwritten letters this upcoming year. And did you know that there are services (like Handwrytten) that handwrite letters/cards for you?

8. Spend 5 minutes a day cleaning

Cleaning just a few minutes each day will keep small messes from snowballing into a bigger problem. Or maybe some areas are already looking like a disaster zone. The 5-minute technique will make dealing with it feel more manageable.

9. Call mom/siblings/grandparents more

Be the one who makes the first move! A phone call is always more personal than a text or email. And people close to you, such as your mom, really appreciate hearing from you.

10. Pick a time to wake up & stick to it!

It'll be difficult at first with your warm, comfy bed calling to you. But in the long run, waking up at the same time will help you get better sleep.

11. Develop a skincare routine

Tire of never being able to predict when your skin is going to be irritated and when it's going to be clear? Or maybe you just want to up your game?

12. Live simply, consume less

You don't have to go whole hog with a minimalist lifestyle, but try being a little more conscious of your spending decisions. You'll end up saving money and decreasing junk clutter in your life.

13. Be consistent with meal times

New research has revealed that breakfast is not the most important meal of the day. In fact, it's better to skip it altogether when it comes to weight loss. If you want to give your metabolism a boost develop regular eating patterns. Several studies have found evidence that irregular meal frequency is linked to negative consequences. Eating irregularly (i.e. snacking at random times) can send confusing signals to your body. Consistency helps your digestive system know what to expect. Which in turn helps it function better.

14. Perfect one recipe

Pick a recipe you love and truly master it. Get familiar with it so that you can remember every step by heart.

15. Turn on music instead of the TV

I like having white noise in the background when I'm doing stuff. Music is a nice alternative to flipping on a show.

16. Remember your goals and the big picture

It'd be a shame if all the New Year's resolution planning you did went to waste. So be sure to write down your goals and keep them somewhere where you'll remember to do them. Like in a planner!

17. Set a monthly budget

The first step to taking control of your finances is evaluating where you are. Reexamine your budget (at least monthly. It is the key to long term budgeting success.

18. Try something new

This idea is pretty open-ended: You could try: yoga, baking, DIY projects, meditation or art classes.

19. Take breaks more often

The Pomodoro technique is a productivity hack that really works.

20. Floss every day

Your dentist (and teeth) will love you for it!

21. Practice intentional breathing

Intentional breathing is the quickest way to recalibrate the nervous system. It's a simple but powerful tool for reducing stress. Studies also suggest that breath control has other health benefits.

22. Ditch one bad habit

It could be nail-biting, smoking, eating out of boredom, etc. Just pick one bad habit that's dragging you down and work on eliminating it from your life. You can't expect perfection overnight, but with consistency, you're sure to achieve your goal.

23. Create a bedtime routine

This circles back to having a set time for waking up every day! As easy as it is to get sucked into playing with your phone all night, it's been shown to have negative effects on your health.

24. Get in touch with your creative side

Paint, draw, read, dance – do things that inspire you! Get back in touch with your creative side in the upcoming year.

25. Make time for self-care

Out of all of the New Year's resolution ideas, this one should be a priority! Do something nice for yourself once a week. It could be making time to read your favorite book, enjoying a long bath, or treating yourself to a manicure. Pick something that recharges your batteries BIG time.

26. Embrace spontaneity

Challenge the idea of what kind of person you are. Be open to impromptu decisions! You don't have to say "yes", to every spur of the moment opportunity. But do try to go with the flow when you can.

27. Go Skydiving

...because, why not do it at least once? Life is short and it's not as expensive as you may think!

28. Use to-do lists

Start making use of to-do lists on the daily and you'll be amazed at how much you can accomplish.

29. Clean out your inbox

Start the year right with a fresh email inbox! Instead of just deleting emails you don't read, unsubscribe to them. Now they won't be clogging your inbox all the time.

30. Get rid of underutilized subscriptions

You might as well take a look at your subscriptions. Evaluate which ones you get the most use out of and which ones can go on the chopping block.

31. Take a 24-hour break from social media every month

You know it's good for you, you just have to make yourself do it.

32. Complete a no-spend month

A no-spend month is a real test for your self-control. It's a great way to "reset" your relationship with money, too.

33. Slow down while eating and savor each bite

Live in the moment, live in the now! Slow eaters are 42% less likely to be overweight or obese.

34. Take time to appreciate your accomplishments

A lot of modern-day life is go, go, go. Once one thing is finished, it's on to the next. Break the status quo and take a little time to appreciate yourself. Give yourself a pat on the back next time you finish a task because you did good!

35. Make coffee at home more often to save money

It turns out that crafting cold brew coffee is surprisingly simple! I personally use this cold brew coffee maker, which makes it even easier. Don't forget to treat yourself to a special coffee occasionally, too.

36. Start a dream journal

I think that dreams are SO interesting. The details fade almost immediately, though. Use a dream journal to capture the weird and wacky recesses of your mind. It'll be so fun to read the entries later!

37. Clean out your closet

Seriously! How much clothing do you have hanging up in there that you never wear? Take some time this year to go through your belongs and declutter your life. What you end up not keeping you can donate, or even sell for some cash.

38. Work on creating a more balanced life

Striving for more balance in your life is an excellent goal.

39. Try going Meatless on Mondays

Reduce your meat consumption a little and help the planet out.

40. Reduce your debt

Getting out of debt is a good New Year's resolution, but that might not be possible. However, one thing you can certainly do is reduce your total debt.

41. Go to a local, live music concert

New Year goals should be a mix of self-improvement and fun goals. Have as much fun as you can this year! Drop-in on local shows and see what's happening.

42. Swap soda or other sugary drinks for tea

Research has shown that sugar causes inflammation in the body. Cutting down your intake of sugar (and other mysterious ingredients) is sure to have a positive effect on your life.

43. Try a fitness class

Are you more motivated by group sports than solo ones? Give water aerobics, spinning, Pilates, hip-hop or belly dancing a try to get your sweat on!

44. Learn a new language

If you have aspirations to travel the world someday, learning a new language will be super useful. There are even free apps (like Duolingo) that can teach you.

45. Do a little act of kindness weekly

A little kindness goes a long way. Some small acts of kindness ideas:

- Pay for the person behind you in the drive-thru
- Pay for an expired parking meter
- Pick up a piece of trash on the ground

46. Keep a notepad next to your bed for ideas that come to you at night

I always feel like my best ideas come to me at night. So this year I plan to keep a pen and some paper on my nightstand. I'm not letting those good ideas get away anymore.

47. Start your morning with a stretching routine

You're not getting any younger, and you're gonna want to preserve the mobility you have now for as long as possible. Adding a stretching routine to your day is in your best interest. I like to do mine in the morning, but really any time of day will work.

48. Go through your music library

Audit your music library and rediscover songs you forgot about. And clear out the songs you can't stand anymore because you listened to them way too many times.

49. Find a workout buddy

Workouts are better with friends! Plus they can give you the little extra motivation needed to really push yourself at the gym.

50. Practice the "Do-It-Now" rule

Is procrastination something you struggle with? Try this, if something will take you 10 minutes or less to accomplish – take care of it right away. The next time you encounter a small task, think "do it now".

51. Keep a jar of things you are grateful for during the year

I love this New Year's resolution idea! It'll be nice to pull out your gratitude jar during Thanksgiving and reflect on the year.

52. Check out your local farmers/flea market

Get out into your local community and see what it's got to offer. Adding locally grown fruits and veggies to your plate is sure to give you the warm fuzzies inside.

53. Record 1 second of your life every day

Record 1 second every day for an epic movie of your life.

54. Double the time you spend outside

Did you know that 42% of Americans are vitamin D deficit? You can up your own vitamin D just by spending 20-30 minutes a day in direct sunlight. It's as simple as walking your dog or going for a walk/hike.

55. Wear sunscreen daily, even when it's cloudy!

Since you'll be spending more time outside it's important to protect your skin. Because it turns out that:

Clouds don't filter out UV rays, and you're actually more at risk for skin damage on cloudy days.

56. Put a kit of essentials in your car

With the California wildfires in mind it's never a bad idea to have a bag of essentials in your car, in case you need to leave NOW. Think things like:

- Jumper cables
- non-perishable snacks
- a spare phone charger
- a blanket
- band-aids
- sunscreen, etc.

57. Deep clean your keyboard

Keyboards can be really nasty under the keys. Be sure to give yours a deep cleaning to get out all of the crumbs (and other things) stuck inside there.

58. Organize your photos

Organizing your photos is another great idea on this list of New Year's resolutions. It'll only make locating your favorite memories easier. Delete duplicate pictures, and put them into folders! Make them quick to search for.

59. Delete unused apps on your phone

Spring clean and organize everything in your life! Getting rid of unused apps will probably help your phone run a little smoother too.

60. Put your phone away an hour before bed

Creating better sleeping habits is a process. Electronics can disrupt your body's natural circadian rhythm. Opt for reading a book instead of scrolling through social media before bed.

61. Watch a few documentaries

Documentaries are a great way to learn new information while being entertained. Expand your horizons by watching a few documentaries in 2020.

62. Start a recipe box or journal

Save all your favorites so you never have to wonder what you should make for dinner. It'll also be nice to pass along to your kids in the future!

63. Complete one money-saving challenge

Personal growth is all about challenging yourself. So why not take on the challenge of saving money? Sacrifice a little and watch your savings grow! Find tons of money-saving challenges [here](#).

64. Send thank-you cards

The Dollar Store is a great place to buy cards of any kind.

65. Work on lowering your daily sugar intake

Sugar is in everything these days and the scary part is sugar causes inflammation in your body. Track how much sugar you consume in a typical day – you might be surprised by the total. Slowly swap processed food for whole foods and watch your daily sugar intake drop.

66. Read at least one book each month

Now is the perfect time to start working on your to-read list that's been collecting dust for too long. There are too many good books out there to not be a reader.

67. Get an annual checkup

When was the last time you went to the doctor?

68. Put together an emergency kit

Try an easy-to-make 5-gallon bucket kit.

69. Balance your checkbook (debit account) daily

Don't let your spending get out of hand and spoil your budget! There are phone apps that can help you.

70. Start habit tracking

You could keep track of your eating habits by writing it down or using an app like MyFitnessPal. But habit tracking is more than just calorie counting. It's a great idea to use a habit tracker for any good habit you want to develop. Tracking helps you stick with it in the long run!