

34 *Awesome* 2023 New Year's Resolution List Ideas

1. Eat healthier
2. Start exercising
3. Implement a 2023 resolutions timeline
4. Spend more time with family
5. Quit a bad habit
6. Lose weight
7. Make 12 smaller monthly goals
8. Start a budget
9. Reduce your debt
10. Start a savings plan
11. Plan a vacation
12. Start a self-care routine
13. Start a healthy new habit
14. Start a new course
15. Attain a certificate in something
16. Read X number of books in 2023
17. Reduce phone time by X number of hours
18. Reduce TV time by X number of hours
19. Make a book list
20. Assess 2023 needs and wants
21. Learn a new skill
22. Pick up an old skill
23. Start meditating
24. Learn skills for patience
25. Start a daily mantra to be kind to yourself
26. Start being kinder to others
27. Stop gossiping
28. Seek counseling
29. Deep cleaning goals
30. Reduce your carbon footprint
31. Start timed eating
32. Organize a 2023 calendar
33. Early to bed
34. Early to rise

