

Planning for 2022? Here's some inspiration:

1. Make realistic goals, using the:

- **Fresh Start Effect** — A “start time” to reset your goals
- **Deadline Effect** — An “end time” to put your goals into high gear

Think about how you'd like to frame your Fresh Start & Deadline cycles.

Daily?

Weekly?

Monthly?

Yearly?

Sometimes, everything just feels like too much. Listen to your body when it's telling you this. Rest.

Wrapping UP

Rest is Productive

It's necessary to be healthy, happy, and simply alive. A rested mind and body will be more energized, focused, and ready to take on challenges.

Ask yourself, “Am I spending energy on what matters?”

3. Pay attention to the people you love in your life.
What's their love language?
Try to learn it and lean into it.

Words of Affirmation — compliments, words of appreciation, encouragement, etc

Quality Time — time together with active listening, eye contact, and full presence

Acts of Service — doing things to make your loved-ones' life easier

Gifts — visual symbols of love through thoughtful (not necessarily expensive) gifts

Physical Touch — physical signs of affection, like hugs, shoulder rubs, etc

Reflect on 2021. What was great? What was not so great? How did that help you grow? Sometimes our greatest hardships lead to our biggest accomplishments

2. Try to support local businesses in 2022.

It makes for a more vital community!

Try a slow-down habit. Learn to knit or crochet (or any other calming hobby).

Rad journal from Sparrow's in Decorah, Iowa