

10 THINGS TO Do THIS NEW YEAR



- 1. Be healthier.** Dropping those holiday pounds is a pretty standard New Year's resolution. However, instead of focusing on the pounds, aim for shifting to a healthier lifestyle incorporating whole, less processed foods, and more exercise. If you smoke, consider cutting out cigarettes; it's not only good for your health, but also your wallet. For extra support, check out this Health Canada Guide and consider the various over-the-counter smoking cessation aides.
- 2. Stress less.** Focus on your wellness by reducing stress and/or strengthening your coping mechanisms. Helpguide.org offers some tips for dealing with stressful situations – e.g., learn how to say “no,” avoid bottling up feelings, look at the big picture, write in your journal, go for a walk, and spend time in nature.
- 3. Spend more time with family.** Even a busy professional needs to schedule in time for family. Make a special date night with your partner/spouse and/or a games night with the kids a reoccurring event. Be sure to mark it on your calendar!
- 4. Travel more.** You may or may not have a specific location in mind; however, no matter where you go, you'll find new people and stories. Be open-minded and try new things (e.g., food, activities). Consider extending a business trip to see the local area.
- 5. Get out of debt.** Holiday spending can exacerbate debt issues. Take a realistic look at your income and expenses. You may find connecting with an accountant, financial planner, and/or credit counsellor helpful.
- 6. Be more charitable.** Even a small monetary donation is meaningful; however, consider donating your time or resources (e.g., volunteering at the local food bank, donating clothes to a thrift store, giving blood). Get involved with a cause close to your heart.
- 7. Return to school.** Perhaps you've set aside your degree or certificate program because life and/or work commitments became too overwhelming. Make space in your life to continue your education this year by delegating tasks and asking for help.
- 8. Make professional development a priority.** Even if a full certificate or degree program isn't a good fit for you now, build your skills this New Year through conferences, workshops, webinars, and/or short online (or mixed mode) programs/courses. Work towards an industry-relevant certification – for career development practitioners this may include GCDF, EVGP, or CCDP.
- 9. Update your career portfolio, resume, and/or CV.** Ensure that all your career-related experience/education is anchored in a master resume/CV. Your career portfolio should include copies of relevant certificates, work samples, references, letters of recommendation, thank you notes, etc. Looking for more to include? Consider writing an article and/or contributing to a blog.
- 10. Take on more responsibility at work.** If you're feeling a bit stagnant or underutilized at work, volunteer for a special project and/or ask to take on some additional tasks. This is a great way to demonstrate your initiative and build your skills.

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