

NEW YEARS RESOLUTIONS / GOAL IDEAS

The resolutions Ria said are :

- connect with a friend or family member daily
- create a bedtime ritual
- eat the rainbow
- take better control of your financial health
- create a better morning routine
- explore a new hobby or skill
- reduce your sugar intake
- start a hustle/side income
- declutter your digital space
- redecorate home office
- reduce carbon footprint
- focus more on giving and contribution
- change a mindset that is holding you back
- break a bad habit